MAY 2015

InStyle



SPRING FASHION HIT LIST

Hello bare ankles!

Jennifer ...ALWAYS GORGEOUS AND YES SHE DOES EAT PASTA

Are you A FOOD HIPSTER? *find out on pl51*

HOW TO WEAR COLOUR *THE NEW RULES*

SEXY HAIR

WHAT'S MODERN NOW

AWARDS SEASON FASHION MOMENTS

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MAY COVER 2015

JENNIFER ANISTON

Styled by Melissa Rubini. Hair by Chris McMillan for Solo Artists. Make-up by Angela Levin for Tracey Mattingly. Manicure by Tom Bachik for Cloutier Remix. Jennifer wears cardigan, swimsuit and skirt, all Altuzarra; necklaces, Beladora; ring, H Stern; bracelets, Gucci and Beladora

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EDITOR'S LETTER

When was the last time you wore red? I'm talking the bright bullfighter's hue here. Have you even considered, while Neta-browsing, adding some Orangina yellow, sky blue or a fine layer of lilac to your look? If, like me, you take comfort in shades of grey, black and navy, the answer is, probably not. But regardless of whether it's on trend or not (I might as well say now that it very much is) there is so much about colour that's positive. I really have no idea why we seem to save it for weddings (and even then only because of the ban on monochrome). When Hannah our fashion features editor wore her tan and turquoise Marni coat in Paris during the shows, she was a street-style honeypot. Whenever I wear my ribbed red JW Anderson jumper people comment on how well I look. 'The right shade of blue can also give your skin that kiss of sun,' says Cassie our beauty director. I think I've made my point. But colours are complicated, difficult to combine, hard to match and always whizzing in and out of fashion. Which is why we've dedicated a couple of features in this issue (on pages 85, 108 and 128) to help you on your way. Happy colouring.

Charlotte

EDITOR @CHARL_INSTYLE

Your favourite fashion read is also available on tablet



STARRING IN THIS ISSUE



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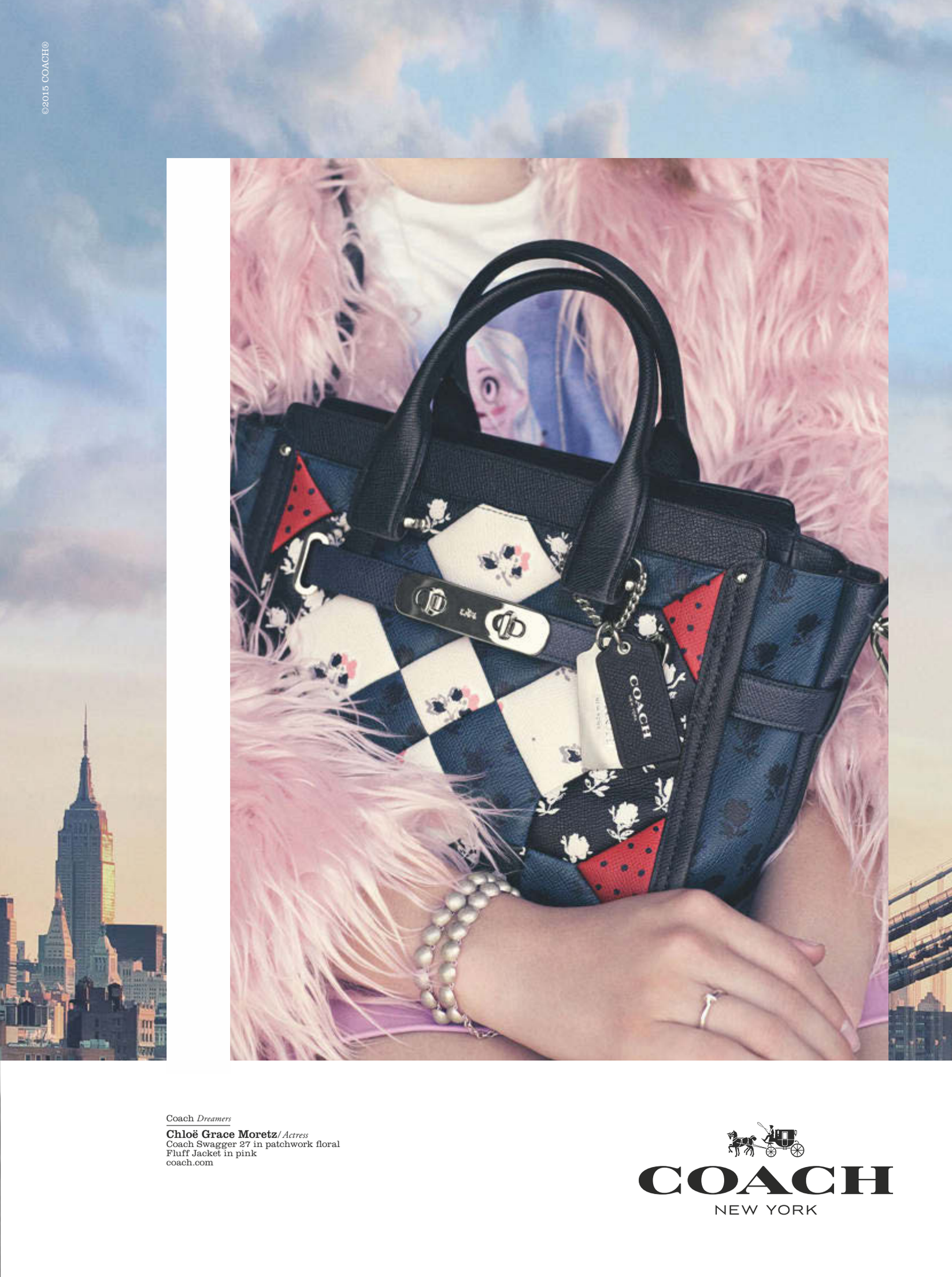



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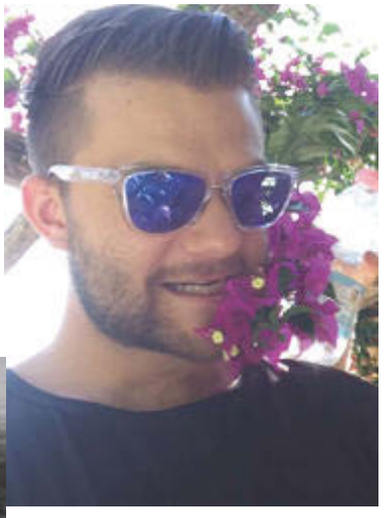
MAY 2015

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KATE SPICER

From the cast of *TOWIE* to Chloë Sevigny and Michelle Pfeiffer, this journalist and Sunday Times columnist's interviewing CV reads like an A-Z of celebrities. Her worst one to date? 'It was pretty bad when Gwendoline Christie refused to even sit down with me, let alone talk. I still don't know what I did wrong.' Read her feature about fashionable foodies on page 151. *Food-stagramming. A do or don't?* 'I refuse to Instagram meals, only raw ingredients occasionally, and wine – a lot.'



KARINA CONSTANTINE

Jennifer Lawrence, Emma Watson and Rita Ora are just a handful of celebs this London-based make-up artist has worked with. But it's her first ever famous client who stands out the most: 'I taught Kate Moss some Russian. Her favourite phrase was "Ne spish?" which means "Are you awake?".' See her work with Olga Kurylenko on page 128. *Last meal you Instagrammed?* 'A crystal bowl of caviar served for breakfast on New Year's Day when I was in Baku, Azerbaijan.'



SYD HAYES

After learning the ropes aged 17 in his father's Surrey hair salon, Syd went on to travel the world assisting legendary hair guru, Guido. He's now one of fashion's most in-demand hair stylists, teasing the tresses of Lara Stone and Kendall Jenner to name a few. This month he adds actress Florence Pugh (see page 158) to that list. *Food-stagramming. A do or don't?* 'Boring! I've no interest apart from if it's in my belly!'

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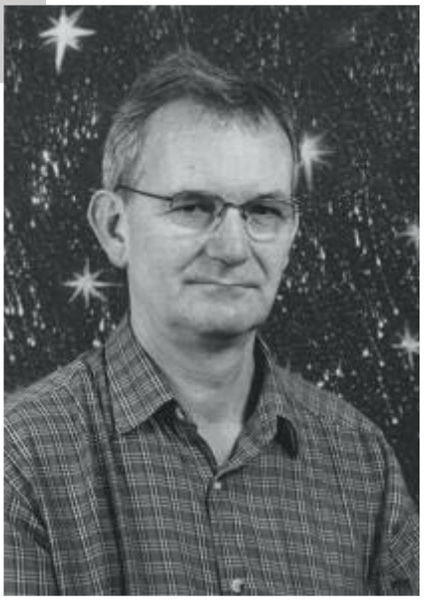


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MARTIN PARR

This renowned photographer doesn't really think about celebrities, but when pushed, would love to meet the playwright Alan Bennett. His career highlight to date? 'Being able to live off doing my hobby.' Turn to page 142 to see his glamorous OAP jewellery shoot. *Last meal you photographed?* 'Octopus and lentils at the best restaurant in Peru.'



INTERVIEWS BY CHLOE MAC DONNELL



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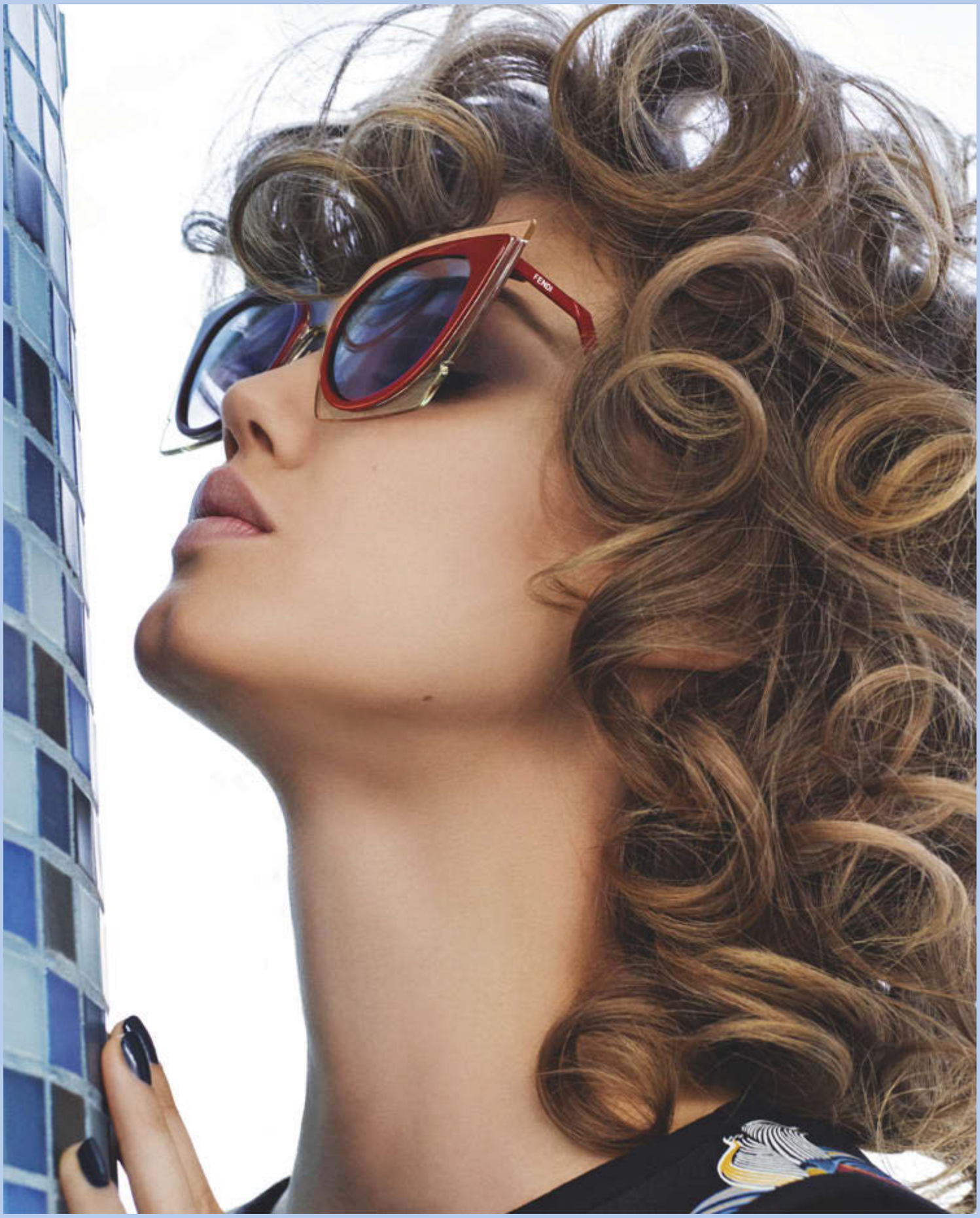


#INSIDEINSTYLE

WHEN MARTIN PARR AGREED TO SHOOT the season's hottest new jewels on a group of older ladies, we called in some *InStyle* extended family to help us out. It was very much a tale of two mother-in-laws: art director Hannah's MIL Jane Barnell and fashion director Arabella's MIL Wendy Symons Jones, *above centre*. Both ladies posed it up like pros. See the full results on page 142. We kind of wish we could have them in every issue.

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WORDS BY LUCY PAVIA. PHOTOGRAPH BY ALAMY



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#INSIDE INSTYLE

JEN'S WORLD

Here's what Ms Aniston was chatting about between takes on the *InStyle* cover shoot



THE HAIR

Yes, she has hairstylist Chris McMillan in her back pocket, but she also gets a little help from Living Proof (a haircare line she co-owns). No Frizz Weightless Styling Spray, *above*, £21, Living Proof (cultbeauty.co.uk)



THE FACE

Good genes may help, but Aniston, who's the face of Aveeno skincare, claims sleep and water are 'your best bets for really great skin'. She also sees a naturopathic doctor, who has her taking fish oil and probiotics. And when it comes to make-up? 'I love everything from Chanel.'

Perfection Lumière Velvet Smooth Effect Makeup SPF 15 in 50 Beige, £33, Chanel (selfridges.com)

Yogalosophy, £7.40, Mandy Ingber (amazon.co.uk)

THE WORKOUT

Aniston works out four to five days a week. Every other day is strength training, and on the off days, cardio – spinning, running – and yoga. 'I really like changing it up so my body never gets used to it.'



THE DIET

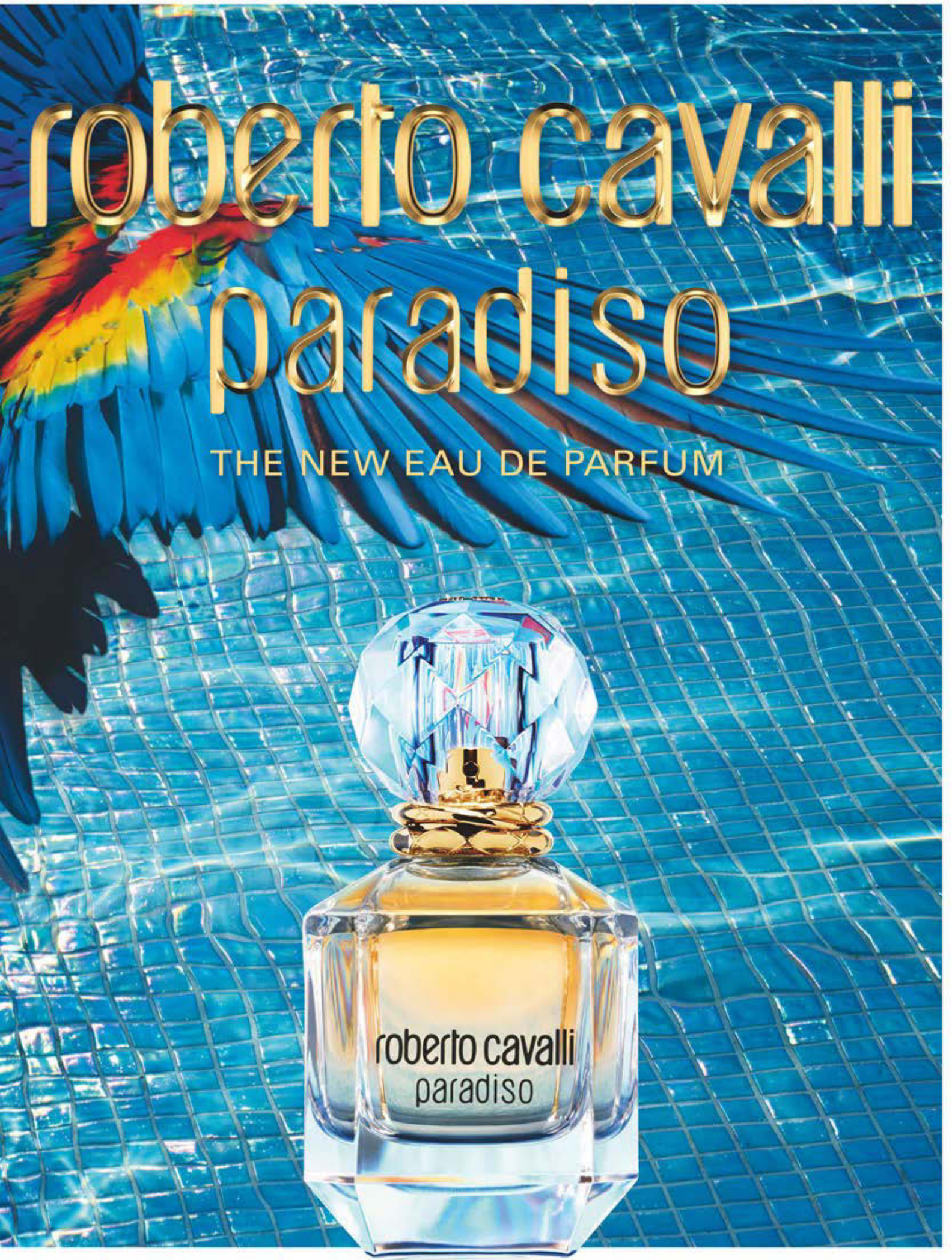
Low carb? Check. Gluten-free? Check. And every morning she drinks a protein shake made with sugar-free chocolate almond milk, frozen cherries, half a banana, raw walnuts and chocolate stevia drops.

Le Blush Crème de Chanel in Chamade, £28, Chanel (selfridges.com)

Rouge Allure Luminous Intense Lip Colour in Craquante, £26, Chanel (selfridges.com)


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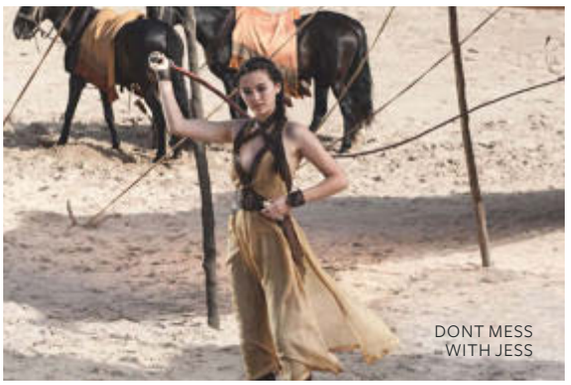
HELLO NEW SEASON

GOT is back...

Duh duh, du-du duh duh, du-du... Season 5 is FINALLY here. Spoiler alert: Sophie Turner – AKA Sansa Stark – warned us that there will be 'lots of death'. OK, so that's not exactly a surprise, but we're not complaining about more swords, more dragons and more amazing plaited hair. Also, look out for some spicy new characters being thrown into the mix. Turn over now to meet our favourite Thrones new girl Jessica Henwick. ▷

GOT GIRL: NYMERIA SAND

She was a massive *Game Of Thrones* fan. Then she went and got cast in it. Meet Thrones newcomer Jessica Henwick



DONT MESS WITH JESS

How does it feel joining such a massive show? 'It's a weird position to be in, auditioning for something you're already familiar with. It ramps things up because you really want to get the job. As it's a show that thrives on surprise, when I got the scripts I was like, "Oh no, now I know the spoilers!"'

Have you had any die-hard fans recognise you? 'We spent the bulk of our time filming in Spain. I'd come out of the hotel with the other actors, and fans would come up and ask, "Have you seen the *Game Of Thrones* cast?" I'd go, "No, sorry!" I did get a Twitter message after my role was announced asking if I'd get naked. That was a pretty weird first interaction.'

So how does your character Nymeria Sand fit into the mix? 'I'm one of three daughters of Oberyn [Martell] – Obara, Nymeria and Tyene – all of whom want revenge for their father, but all three sisters approach it very differently...'

We hear you had to learn how to use a bullwhip. 'Yep, Nymeria's weapon is a 9ft-long bullwhip. I've been clarifying the length because people are like, "Ohh, like a *Fifty Shades Of Grey* whip?" and I'm like, "No, like an *Indiana Jones* whip!" In most fight scenes the characters use rubber weapons, but the bullwhip is real – the crack it makes sounds like a gunshot. It was so loud I had to go down to my parents' house in the country to practise.'

Did you get some cool braids? 'I have a side braid and as I'm Dornish my costume is less uptight, with lots of free-flowing chiffon and leather straps. It was very practical in the heat!'

Before this you were on *Silk*, like your *Game Of Thrones* co-stars Natalie Dormer and Indira Varmer... 'It's funny, both Natalie and Indira played the new girl on *Silk* in the two series before I did. When I was filming it, people were saying, "You're gonna follow the trend and join *Game Of Thrones*." I was like, "I WISH!" I can't believe it's actually happened.'

Game Of Thrones series 5 begins this month on SkyAtlantic. Watch every episode of *Game Of Thrones* ever with S1-4 box sets through Sky On Demand and NOW TV

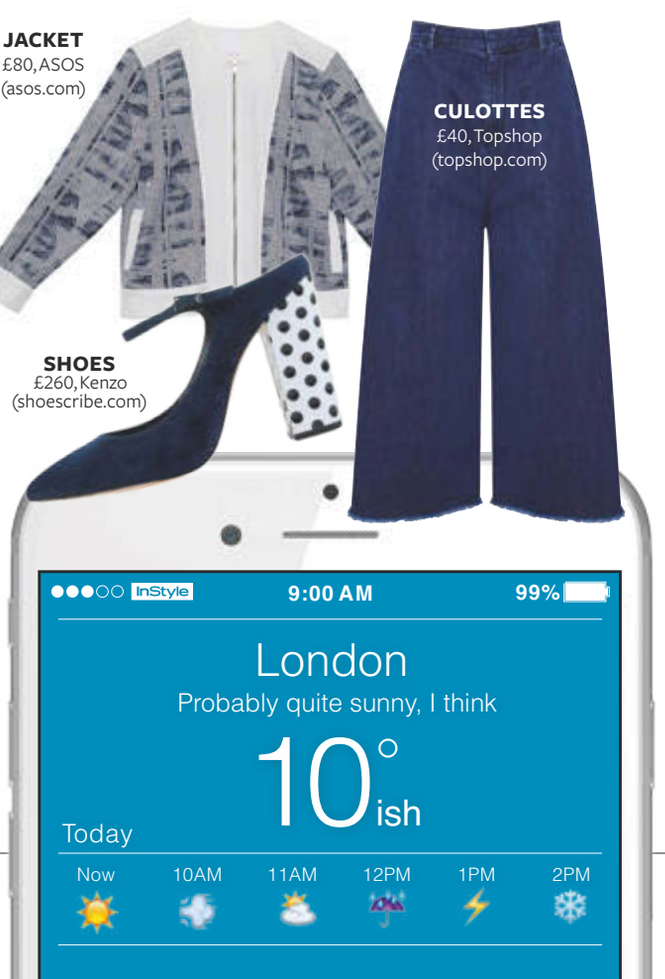
FASHION FORECAST: TRANSITIONAL DRESSING

What to wear when it's cloudy, rainy then sunny. All in the space of an hour. We're ready, British springtime

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(asos.com)

CULOTTES
£40, Topshop
(topshop.com)

SHOES
£260, Kenzo
(shoescribe.com)



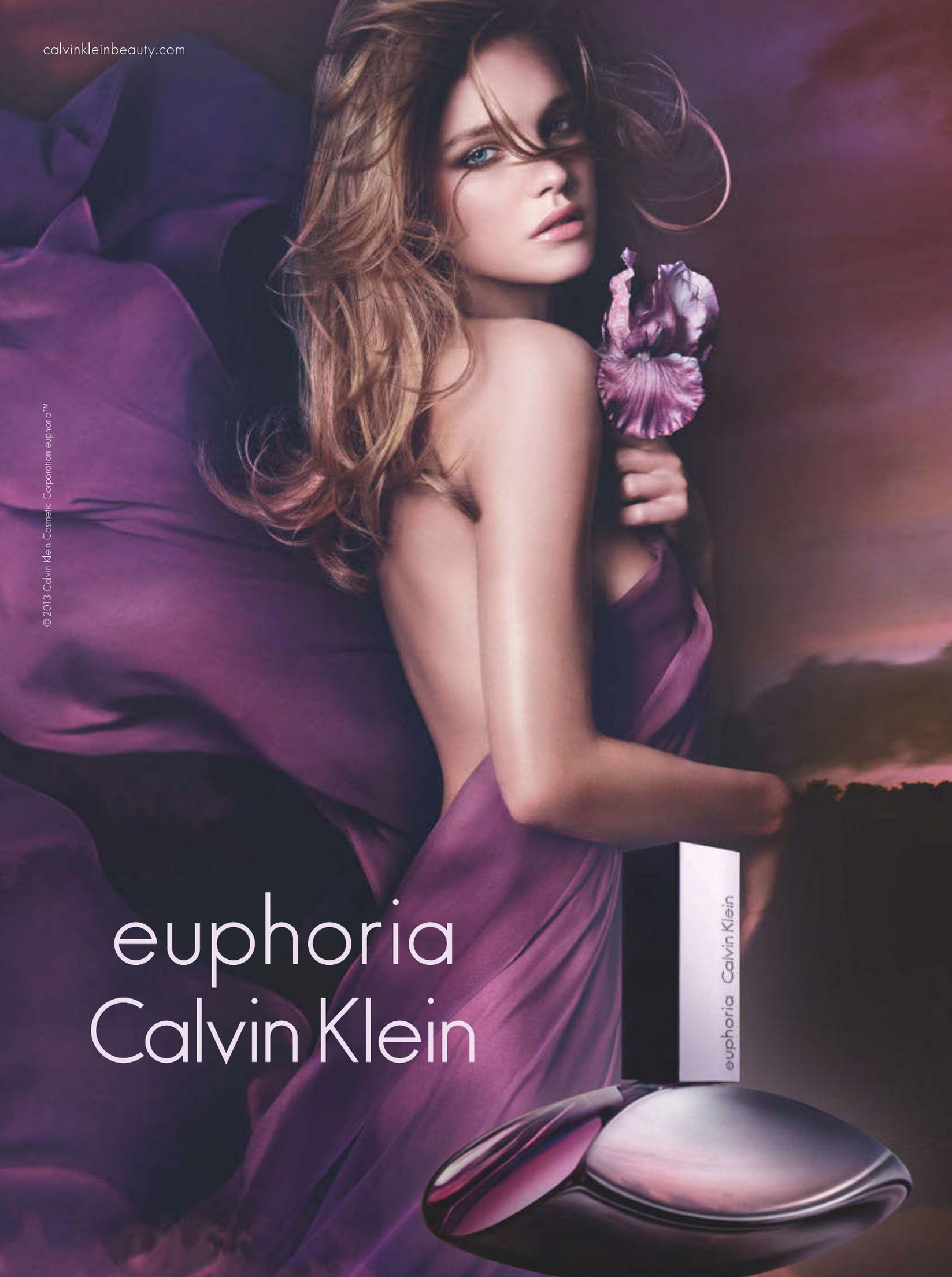
ARE BUNNIES THE *NEW* FRENCH BULLDOGS?

We only ask because they were hopping around in giant hay-filled globes at the Markus Lupfer presentation at London Fashion Week, while Cara Delevingne's rabbit Cecil now has an Instagram following of 98,000 (@cecildelevingne) and hung out backstage at the Chanel show with stylist Katie Grand's bunny Clara. So fashion. If you have a spare five minutes, we also recommend you google 'bunny show jumping'. You will NOT be disappointed.





MARKUS LUPFER


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NAOMI WEARS

THIS MONTH, OUR CURVY COLUMNIST AND MODEL NAOMI SHIMADA SHOWS US WHAT SHE'LL BE WEARING THIS SPRING

ALL-OVER PRINT can be a bit daunting, but when you show some skin with either short sleeves or a slit, it breaks up the pattern in a flattering way. This is definitely going to be my pre-summer date-night look.
Dress, vintage; shoes, Topshop; bag, Nasir Mazhar





A BISECTING CUT on any outfit helps to elongate your shape. Adding a fun hat and trainers is my favourite way to wear a dress!
Dress, Opening Ceremony; trainers, Adidas; hat, Georgia Pratt



SHOWING JUST THE RIGHT amount of midriff is my go-to way of accentuating my curves. I'm loving high-waisted cropped trousers for a spring to summer transitional wardrobe addition.
Top, ASOS; trousers, COS; shoes and bag, Opening Ceremony; hat, Silver Spoon Attire

ALL ITEMS ARE NAOMI'S OWN

FOR MORE FASHION TIPS, HEAD TO NAOMI'S BLOG AT **NAOMISHIMADA.COM**





Lessons in 60s STYLE *by Betty Draper*

Farewell *Mad Men,* it's been a very chic journey. Here's what that style maven Betty taught us about 60s fashion



1960
One of the biggest misconceptions about Mad Men *is that it's set in the 50s. Series one actually kicks off in March 1960, when Betty Draper's 50s-style day dresses (originally brought in with Dior's 'new look') were still very popular.*



1963
By season three, her full-skirts had been replaced by a slimmer A-line silhouette. The 50s wave was still going strong, though the silk waist belt is a softer take on the previous 'cinched-in' look.



1966
This is when Betty's look started to get more typically 60s. By this point the Jackie Kennedy effect had given American women simpler silhouettes to work with, as so-called 'little nothing' sleeveless frocks came into vogue.



1967
Betty started mixing it up with prints and frills by season six. This look is in tune with the late-60s trend for longer hems and floatier fabrics, inspired by designers like Ossie Clark.



1968
The trend for frills and oversized bows would run well into the 70s, but this is a very late-60s interpretation of the look. Her bob has an up-to-date coiffed style, and she's embracing the decade's penchant for extra volume.



1969
Speaking of volume, hello prints, hello brights, hello big hair! The final season, set at the end of the 60s, has seen Betty embrace a punchier, space-age look – a trend that trickled down from avant-garde designers such as Pierre Cardin – and above-the-knee hemlines. Go Betty.

The final series of *Mad Men* begins Thursday 9 April on Sky Atlantic





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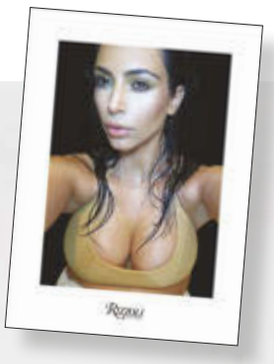
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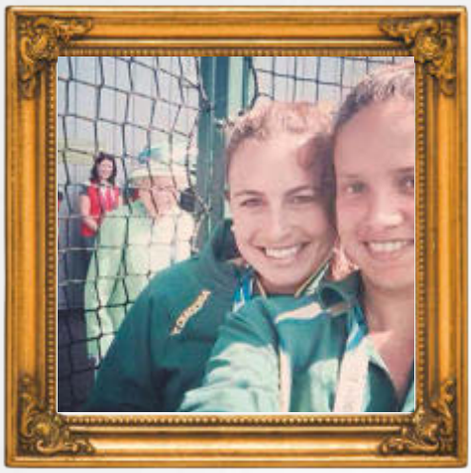
*shampoo + conditioner vs. non-conditioning shampoo
**excl. Anti-Dandruff & Expert Series.



EXPRESS YOUR SELFIE

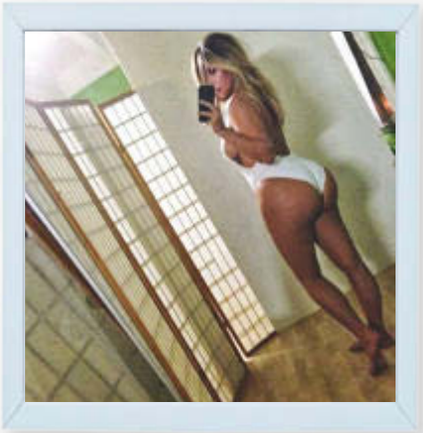
Kim Kardashian's book *Selfish* arrives this month in celebration of our modern selfie obsession. But do these famous shots have any artistic merit? Rob Alderson, editor-in-chief of art website, itsnicethat.com, casts a critical eye





KIM KARDASHIAN'S 'BELFIE'

Rob says: 'The rule of thirds states that important features should be on key intersections if the image is divided into nine small squares. I imagine that's what Kim going for here.'





THE QUEEN PHOTOBOMB

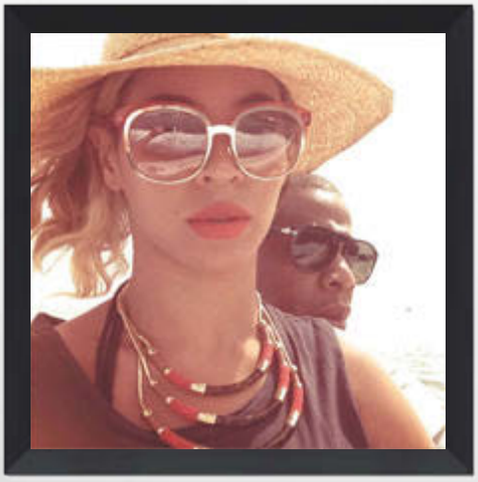
Rob says: 'Good photographs are often about what's happening in the background, and many selfies fall foul of this, with the faces dominating the crop. This is a perfect exception.'

THE FIRST PAPAL SELFIE

Rob says: 'Having God's representative on earth off-centre and only two-thirds in shot is either shoddy selfie-ship or a bombastic visual statement.'

BEY AND JAY ON HOLIDAY

Rob says: 'The unusual positions of the subjects are good but there's a big area of the photo off to the right which needs to work much harder.'





THE ELLEN OSCAR SELFIE

Rob says: 'There are some nice leading lines that take the eye on a journey around the picture, particularly the Cooper/DeGeneres/Streep/Lawrence diagonal.'

SPRING STASH!

JACK'S NEW LOOK

You might associate Jack Wills with salty-haired teenagers called Digby on holiday in Polzeath, but this season the label has had a hot fashion makeover. This is thanks to the genius instalment of Richard Nicoll as creative director, which means bye-bye monogrammed hoodies, hello mesh-top navy sweaters, boyfriend jeans and paisley-print raincoats. Strictly no backcombed hair allowed.





ROSAMUND PIKE AND ETHAN HAWKE



KRISTIN SCOTT-THOMAS



DAISY LOWE, MELISSA ODABASH, JIMMY CARR, KAROLINE COPPING AND KELLY HOPPEN

KEIRA KNIGHTLEY AND HUSBAND JAMES RIGHTON



LAURA HADDOCK AND HUSBAND SAM CLAFLIN

HARV-ING A BALL

The guest lists for celebrity parties can often be wildly exaggerated. Except, that is, when Harvey Weinstein is sending out the invites. The most powerful man in Hollywood is essentially a walking celebrity magnet. At his Bafta after-party with Jimmy Choo at the Rosewood Hotel, everyone from Keira Knightley and Mark Ruffalo to Steve Carell and Benedict Cumberbatch were out in force. Maybe it was the endless trays of chilled champagne or the sugar high from the pudding room (YES, there was an entire room devoted to dessert), but the mood was positively buzzy. Cuba Gooding Jr was dancing on the bar, Benedict Cumberbatch pinched the party photographer's camera and Keira Knightley – despite sticking to softs – partied until gone 2am. What makes a Weinstein party so good, we wondered? We decided to ask the man himself. 'You being here,' he told us. Oh stop it, Harv.

The Weinstein Company, Entertainment Film Distributors, StudioCanal 2015 Bafta After Party in partnership with Jimmy Choo at Rosewood London



NATALIE DORMER AND DOUGLAS BOOTH



JIMMY CHOO'S PIERRE DENIS AND SANDRA CHOI WITH MR WEINSTEIN HIMSELF

TOM HIDDLESTON AND BENEDICT CUMBERBATCH



STEVE CARELL AND RENE RUSSO



DOMINIC COOPER AND NOOMI RAPACE



CUBA GOODING JR'S GOT THE MOVES



KASABIAN'S TOM, SERGE AND CHRIS WITH JAMES RIGHTON



STEPHEN FRY AND HUSBAND ELLIOTT SPENCER



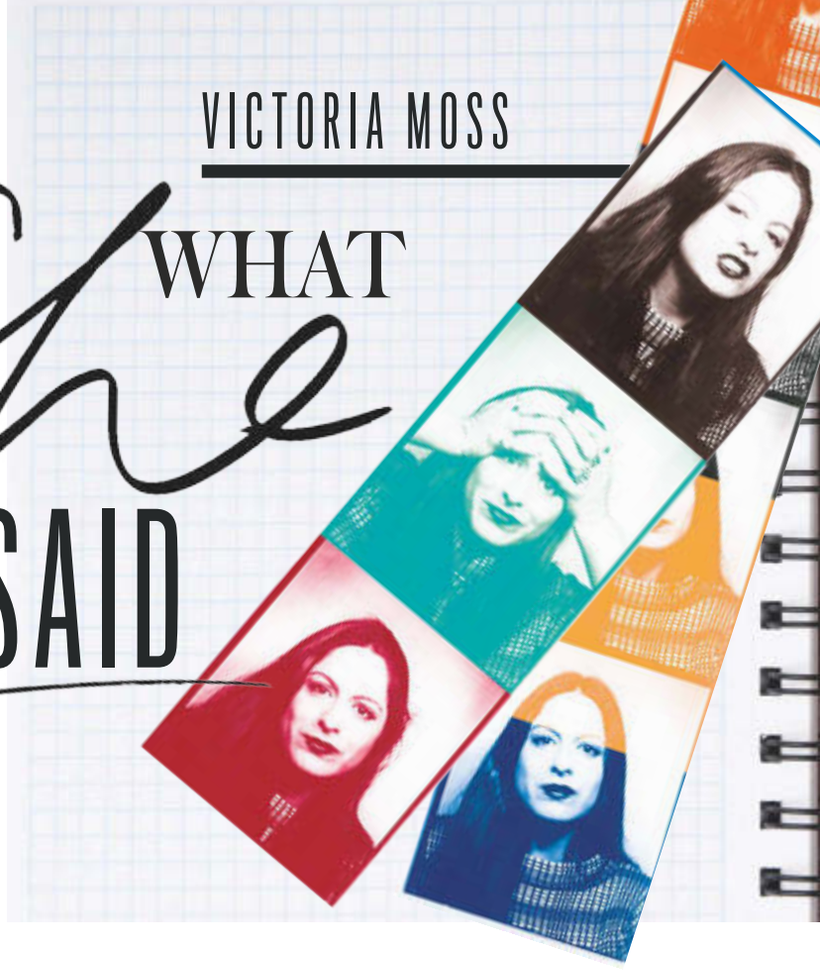
STACY MARTIN AND DIANNA AGRON

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The *Victoria tote*
Available at Kurtgeiger.com
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VICTORIA MOSS

She WHAT SAID



Wedding talk and wonderfully impractical wardrobe options. It *must* be spring...

We're standing by the front door, the two small dogs throwing their tiny frames against it with the vigour of a Duracell Bunny, whining painfully as we debate outside attire. Mother is wearing a pair of now loose and low-slung (she's lost weight) indigo jeans with turn-ups and a flecked grey jumper, black slip-on Vans and her practical black anorak thing. I am wearing a pale blue pair of loose jeans with turn-ups and a dark grey jumper with my Nike grey high-tops, which is obviously not the same thing at all. We're going near the river and I am worried about getting dirt on my trainers. 'But will it be muddy?' I ask, impatiently. 'I shouldn't have thought so,' says Mother. 'You can always wear my boots if you want?' She gestures at a pair of hot-pink wellies. I decline to dignify this ridiculous suggestion with an answer.

I take the lead of the 'good' dog and walk out into glorious sunshine, tiny crocus shoots are just breaking through the soil of the front garden, cheering us with their promise of spring and the end of tights. We walk along the river and into the grounds of Hampton Court Palace. The 'bad' dog immediately runs into the middle of the rose garden and starts digging it up. Mother shrieks at him loudly, so I skip on, disassociating myself from the din. There are some women up ahead in Ugg boots, which I ponder how easily they'll ruin.

Mother and the bad dog catch up and she starts her usual rendition of marriage-related questions. Last Christmas, while we were browsing the racks of divinely expensive things we can't afford in Liberty, she picked out the Dries Van Noten dress she'd like to wear to my wedding. I am not engaged. 'It's a leap year next year,' she says suggestively. 'Who even knows that?' I reply. We amble past the families walking their pets and each other, overhearing snippets of conversation about new Science Museum exhibits and homework, before heading back along the river to get a coffee. The sun bears down on us, and I start to regret my heavy knit, which I can't remove as I'm wearing what I like to call a 'layering item' underneath (rough translation: an ageing, too-clingy Uniqlo vest that is unavailable for display).

Back in London, in the light of this smattering of sunshine, I start to reconfigure outfit options. Now that ankles can be uncovered and Heattech vests abandoned altogether, I pull out all my most-pointless fashion items, excited that their sartorial window of opportunity is coming up. Sleeveless jackets, thin silk coats, cropped wool trousers: these are items that may only be appropriate to wear for four weeks of the year. I have a sleeveless thick-ribbed black roll-neck knit, which in *so* many ways is the chicest thing I own, but in other ways, is entirely unfathomable. When on earth is one's neck cold, but arms are not?

Already I sense a looming summer footwear issue. I'm over last year's sliders and regardless of what people might have put on their catwalks, I'm yet to find a pair of gladiator sandals that aren't anything short of monstrously unflattering (unless one is long of leg and elegant of ankle. I am neither; they make my feet look like shackled sausages). I make a note to start research on this immediately.

I come across my boyfriend Charles's favourite red dress of mine, a flirty silk vintage Céline number I wore on our first date (not really for him, I'd had a meeting that day). I pop it into the cloth bag I set aside for dry cleaning and think maybe he'll take me out somewhere nice in it soon. Then I remember the time we walked past Andrew Edmunds in Soho, and Charles paused to remark that it's his 'favourite romantic restaurant'. I have never been to Andrew Edmunds.

'Did you have a nice time with Mummy?' asks Charles, in a tone I am not altogether sure isn't mocking. 'Yes,' I say, 'but I wouldn't be left alone with that woman if I were you: she's on a mission.' He looks blank and goes back to scrolling through the Coventry FC message boards.

'Browsing the racks in Liberty, Mother picks out the Dries Van Noten dress she'd like to wear to my wedding. I am not engaged'

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NEW SEASON

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Sorbet served without the sugar – this season's candy-spun pastels are decidedly grown-up. Layer lemon, lilac and feminine prints for the sweetest take on spring-time dressing.

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FABULOUS FENDI

Accessory queen Silvia Venturini Fendi and sunglasses king Thierry Lasry have raided the Fendi archives to create a capsule collection of gorgeous shades. Think Italian Riviera meets Cannes glamour. Now, where's that yacht?

Sunglasses, *top*, £419, Fendi (fendi.com)





NOTES FROM THE FASHION DESK









Shoes, £240 a pair, Mr Hare (mrhare.com)

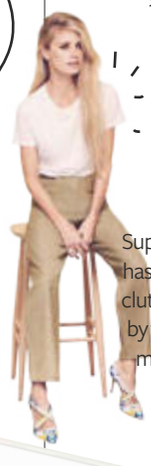
HARE ENVY

Hold up. We may have found your perfect summer shoe. London's coolest men's footwear designer Mr Hare has made his legendary cashmere-suede 'Arno' espadrille in women's sizes for the first time. Super chic and uber comfy, we'll be wearing these all season.



A LOT OF BOTTLE

We're all about fashion doing its bit, so hats off to DKNY for its work with handbag designers Bottletop. Together, the brands have created a limited-edition collection of hand-crafted accessories using upcycled ring pulls. A percentage of all sales goes to help teenagers in need. From £55, DKNY (dkny.com)



COOL COLLABS

WE LOVE A LINK-UP





KEDS X OASIS

We'll never get bored of the summer trainer, which is why we're obsessing over this collection from Keds and Oasis – especially the tropical prints. Trainers, £45 (oasis-stores.com)





EASTPAK X JEAN PAUL GAULTIER

Clever old JPG has designed seven rucksacks for Eastpak, with the proceeds going to charity. Loving the denim version. Rucksacks, £70 each (selfridges.com)



LK BENNETT X LAURA BAILEY

Super-stylish model Laura Bailey has created a range of shoes and clutches for LK Bennett, inspired by the Amalfi Coast. It's a match made in chic heaven. Sandals, £295, (lkbennett.com)

WORDS BY NICK SPENSLEY. PHOTOGRAPHS BY JASON LLOYD-EVANS, ALAMY



FASHION CUPBOARD CONFIDENTIAL

NICK SPENSLEY ON WHAT'S LANDED THIS MONTH



WHAT Clé de Cartier watch, £22,600, Cartier (cartier.co.uk)
WHY The pink strap makes the classic face pop.



WHAT Bag, £225, Kurt Geiger (kurtgeiger.com)
WHY The sunny colour just shouts 'spring is here!'.



WHAT Earrings, £179, Thomas Sabo (thomassabo.com)
WHY They have just the right amount of old-school glamour.

5 REASONS TO BUY

marie claire

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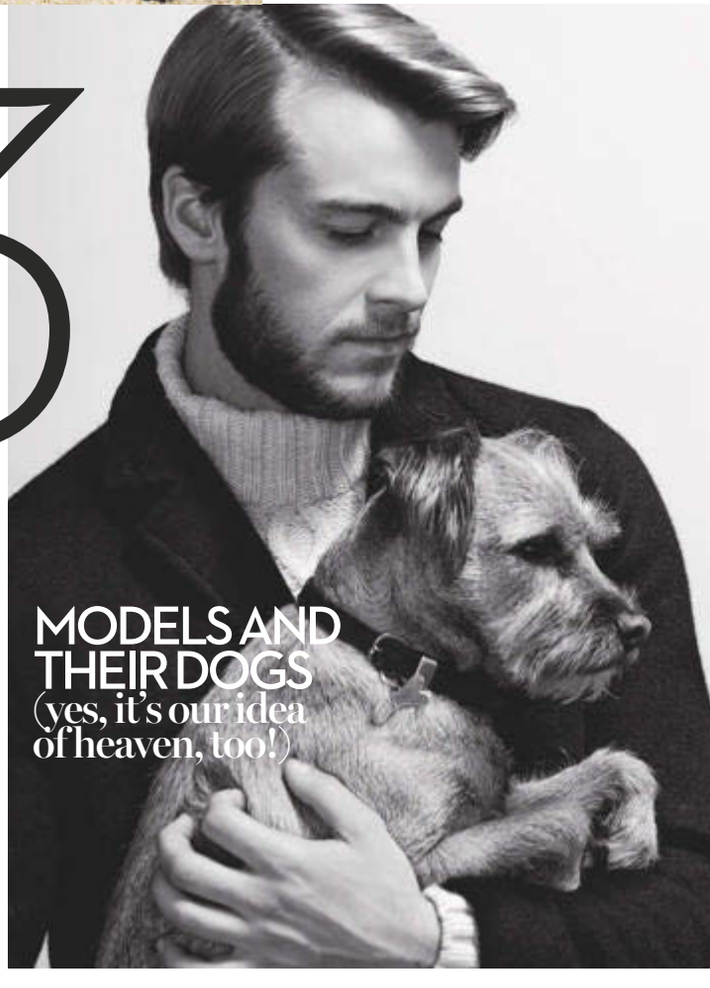
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5 MODELS AND THEIR DOGS
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OUT NOW



INSTYLE ACCESS

Chanel Haute Couture

WHEN 27 January, for the house's spring/summer 2015 haute couture show.

WHERE The Grand Palais, Paris, France.

WHY A Chanel set is always a thing of wonder, but Karl Lagerfeld excelled himself with this vision. Each of the 300 mechanical flowers had its own engine, and it reportedly took six months to make them all. Lashings of classic tweed (obviously), appliqué flowers on full skirts and, surprisingly, bare midriffs were brought up to date with flat ankle booties.

WORDS BY HANNAH ROCHELL
PHOTOGRAPH BY GETTY IMAGES





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the look

WORDS BY
LUCY PAVIA



AWARDS SEASON FASHION MOMENTS

EDDIE REDMAYNE IN PRADA & FELICITY JONES IN BALENCIAGA
What a stylish pair of Brit ambassadors these two made. He in his debonair tuxedos, she in a never-boring line-up of red carpet perfection. We liked her simplest looks the best – the soft pink Balenciaga dress she wore to the SAGs with its super-flattering cross-over neckline was our favourite.



LUPITA NYONG'O IN CALVIN KLEIN
There were 6,000 Akoya pearls sewn onto the white halterneck dress that Lupita wore to present at the Oscars. Despite such dizzying levels of detail, the shape made it feel sleek and unfussy. It wasn't supposed to be 'Lupita's night', but this number made her hard to ignore.



JENNIFER LOPEZ IN ELIE SAAB
J-Lo appears to be ageing backwards, and in this full-skirted, sequinned beauty she wore to the Oscars, she positively glowed. Who cares if she and Luciana Duvall turned up in near-identical frocks – we hope they laughed it off with a picture together.



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EMMA STONE IN LANVIN

It must be hard to stick your neck out during awards season with something a little different, but this year, Emma did frequently. With its cool pockets and statement bow, the strapless Lanvin jumpsuit she wore at the Golden Globes stood out to us among the mass of column gowns. You can tell by her pose that she feels totally herself in it.

BEYONCÉ IN STELLA MCCARTNEY

We thought we'd seen the best looks of Oscars night, and then in blew Beyoncé. The simple white shape, the stole, the gobstopper diamond choker, those insanely hot curves – this is exactly how you do modern movie star glamour (even if you're actually a pop star).


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SUKI WATERHOUSE IN BURBERRY
Bradley Cooper's hot date for the night usually likes to experiment, but for the Oscars, she went classic. This red Burberry gown was a really great cut on her, and she kept things looking modern thanks to the cool, undone hair and absence of bling.

SIENNA MILLER IN OSCAR DE LA RENTA
We love that Sienna brought her dad to the Oscars. We also love that she did it in this Oscar de la Renta gown, decorated with the designer's signature bows. The 'Red Carpet King' passed away last year. This was a perfectly chic tribute to his work.

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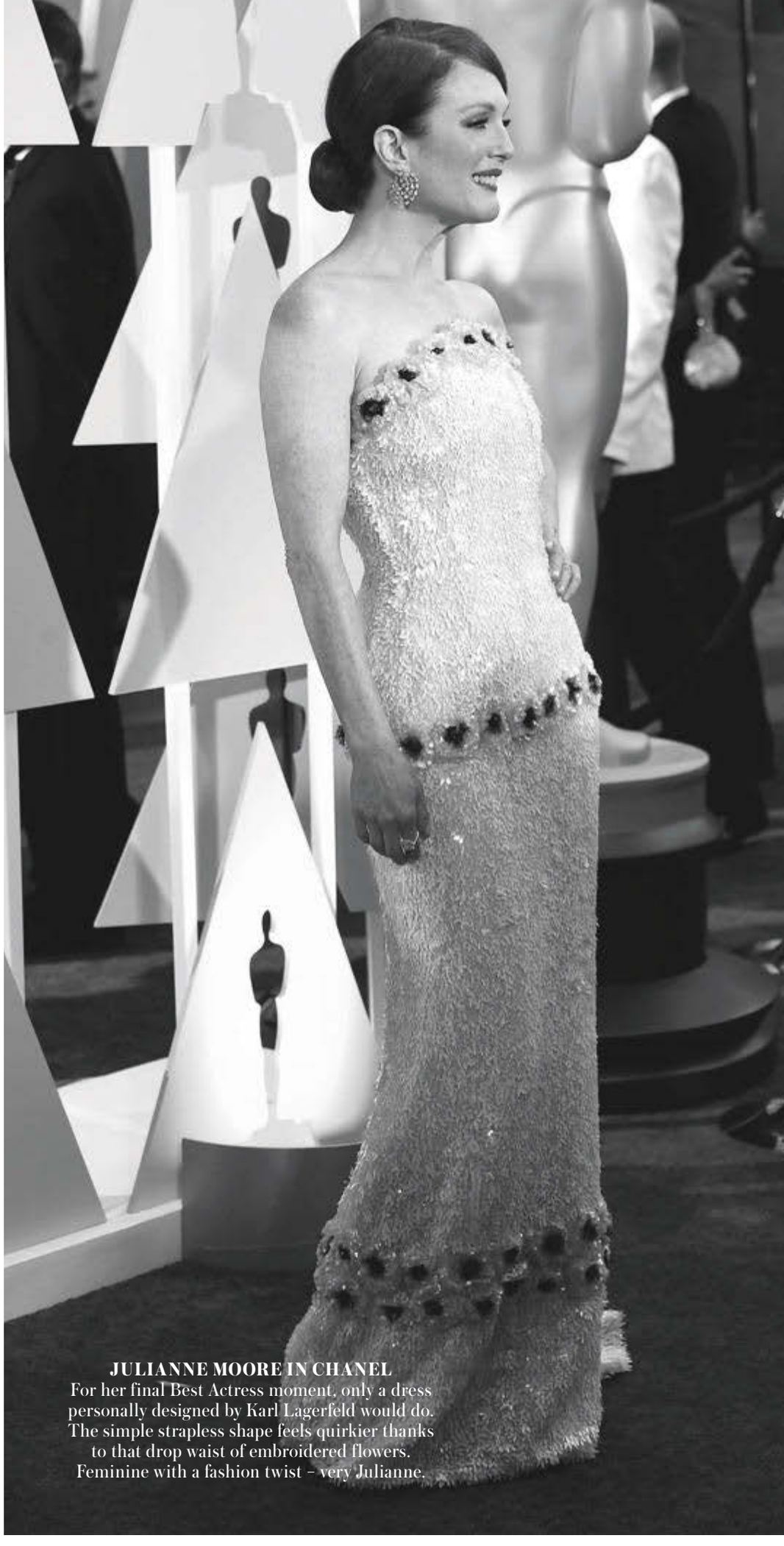
GARNIER

THE LONG, WHITE, STRAPLESS dress Julianne Moore was wearing when she won the Best Actress Oscar for *Still Alice* was designed personally by Karl Lagerfeld. Drawn from a look in his Chanel couture collection, it took 27 people 965 hours to complete. Some 80,000 sequins had to be sewn onto it, each of which had been individually hand-painted. But when Julianne finally stepped onto that red carpet on 22 February, all the hard work paid off in seconds. The dress – and the lady – looked perfect.

Karl and his team of couturiers didn't go to all this trouble just because he and Julianne are good friends. By the morning of the Academy Awards, the odds of her winning that Best Actress statuette had shot to 1/100. Whatever she was wearing on the Oscars red carpet was guaranteed to be watched, tweeted and talked about by millions around the world. In other words, it was the biggest piece of free fashion advertising you could get.

Designers might seal their creative reputations on the catwalk but, these days, it's the red carpet where their brands are galvanised. This is never truer than during awards season, which has ballooned in the past ten years from a handful of key ceremonies to a two-month marathon of back-to-back events. And as awards season has got bigger, designers have cottoned on to the enormous commercial and creative potential of all that red carpet.

Simultaneously, we've seen the rise of a new breed of super-stylists, who act as red-carpet brokers to their famous clients (the best commanding fees of up to £3,000 a day) and who fashion houses now spend large amounts of time and energy wooing with dedicated VIP teams. They know that the right dress on the right woman – at just the right time – is PR gold dust. Particularly ▷

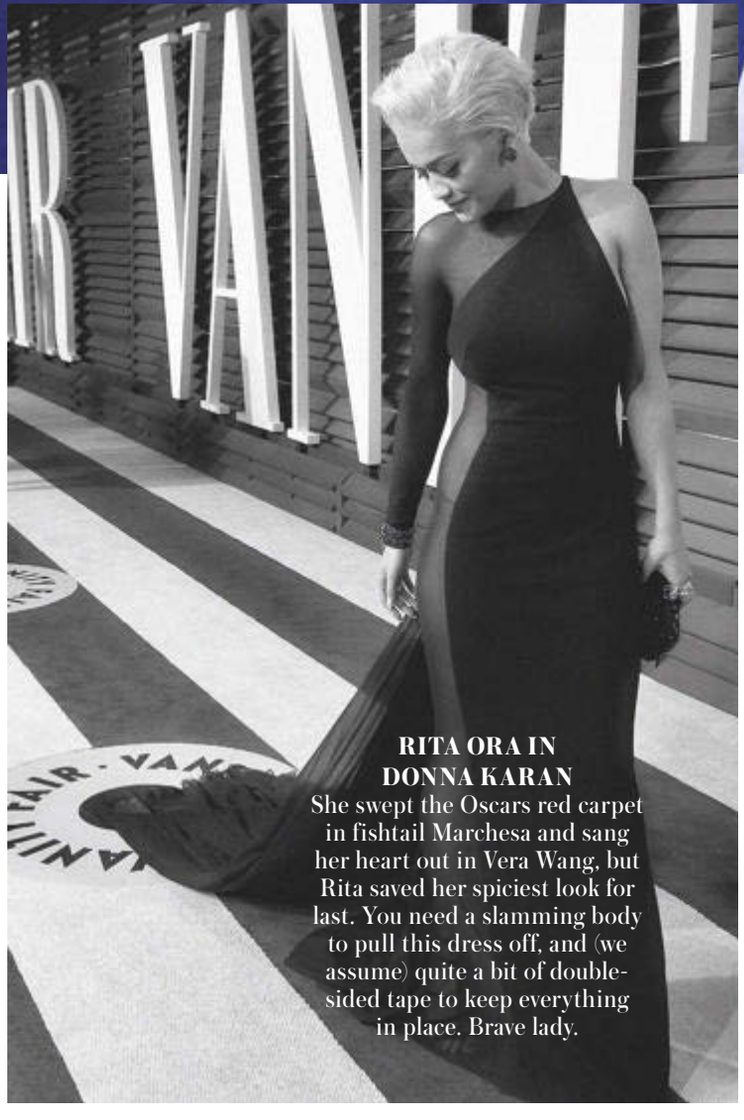


JULIANNE MOORE IN CHANEL
For her final Best Actress moment, only a dress personally designed by Karl Lagerfeld would do. The simple strapless shape feels quirkier thanks to that drop waist of embroidered flowers. Feminine with a fashion twist – very Julianne.


maje



MARION COTILLARD IN DIOR
Marion rarely wears anything but Dior on the red carpet, and this simple white look lifted straight from the couture collection was our favourite. A bright slick of fuchsia lipstick was the only accessory the dress needed.



RITA ORA IN DONNA KARAN
She swept the Oscars red carpet in fishtail Marchesa and sang her heart out in Vera Wang, but Rita saved her spiciest look for last. You need a slamming body to pull this dress off, and (we assume) quite a bit of double-sided tape to keep everything in place. Brave lady.

since the arrival of Twitter. Remember that floaty Prada number Lupita wore to the Oscars last year? Within minutes of her stepping out of the car, #NairobiBlue was trending, owing to the dress' distinctive pale blue shade.

It's also interesting to note that even the most avant-garde designers will play a safer game when it comes to awards season. Though it was undoubtedly beautiful, you would never see a dress as classic as Lupita's 2014 Oscar look on the Prada catwalk in Milan. But Prada – like most other fashion houses – understands that the actress wearing their design has to feel comfortable and look good. Though, if you happen to find an A-lister willing to take risks that always pay off (case in point, Marion Cotillard in Dior), even better.

When Tom Ford found out this year that the dates for London Fashion Week – where he normally shows his collection – would clash with Oscars weekend, he made a very telling move. He shifted his entire a/w 2015 show – models, catwalk, the lot – from London to Los Angeles for the Tuesday after the Oscars. The front row crowd featured Beyoncé, Reese Witherspoon, Gwyneth Paltrow, Scarlett Johansson and Julianne Moore. If that single move doesn't symbolise the draw of awards season for big designers, then I don't know what does. □

PHOTOGRAPHS BY GETTY IMAGES





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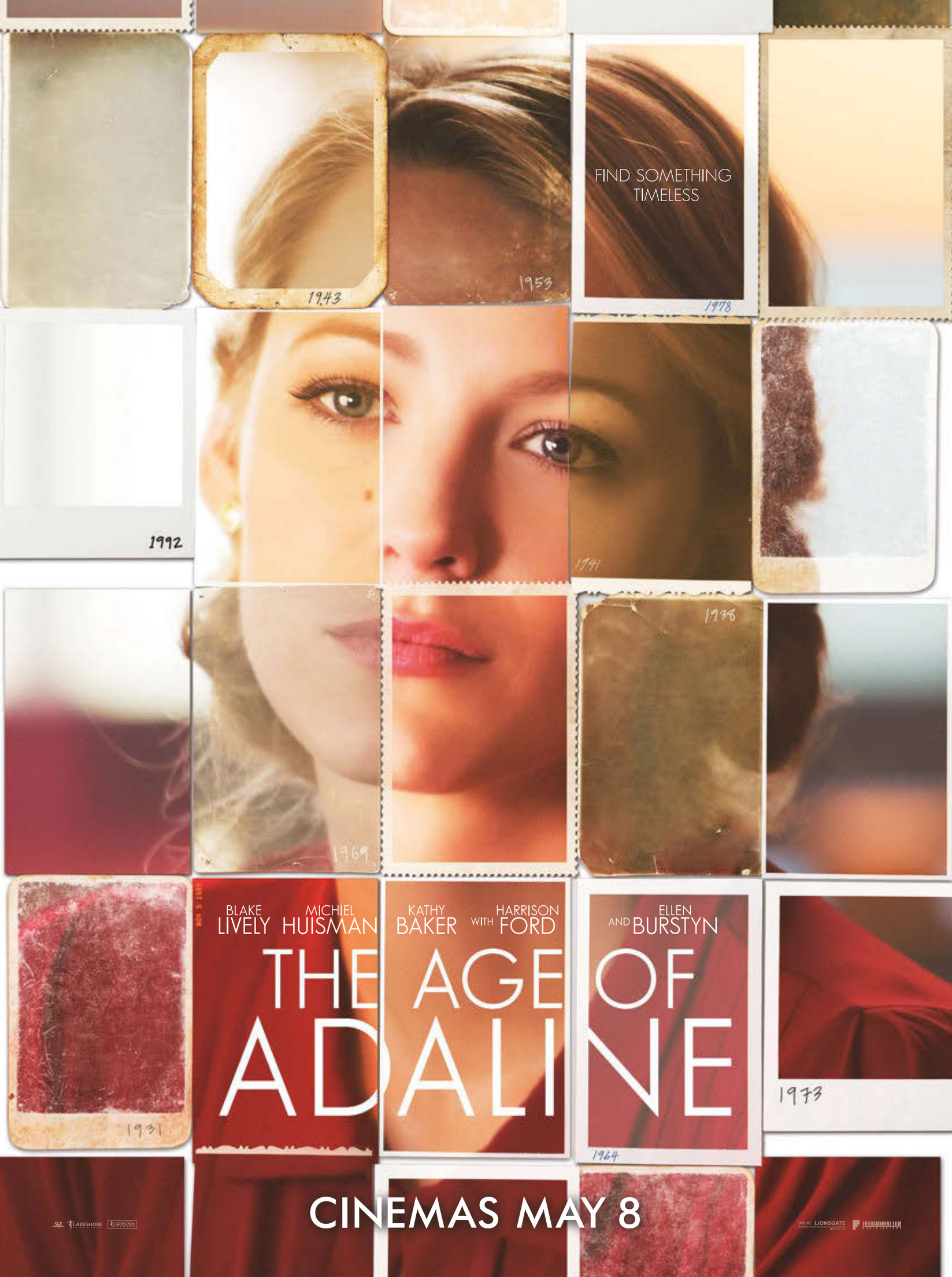
your look



HOW TO WORK IT THIS MONTH

POLO SHIRTS: *WAY* HOT RIGHT NOW; ***suede*** pieces your wardrobe needs; ***s/s 2015's*** chicest colour combos; plus power dressing is back

PHOTOGRAPH BY JASON LLOYD-EVANS


FIND SOMETHING TIMELESS
1943
1953
1978
1992
1941
1969
1938
1931
1973
1964
BLAKE LIVELY
MICHIEL HUISMAN
KATHY BAKER
HARRISON FORD WITH
ELLEN BURSTYN AND
THE AGE OF ADALINE
CINEMAS MAY 8
LIONSGATE

FIND YOUR PERFECT Polo shirt

A summer classic, this hardworking sporty tee has been reinvented for 2015 – with tassels on

1. THE STYLE

This season's polo shirts come with zips instead of buttons, or details like fringed hems and quirky prints. The best thing about them? Anything goes, so there's one for every style.

2. THE CUT

Undone buttons look sexy and are flattering on a bigger bust – do up the collar for more of a smart, preppy vibe. Head to the men's department if you prefer a loose fit.

3. WEAR WITH...

Try adding a pencil skirt and a pair of heels for an alternative evening outfit, or a flippy mini skirt and trainers during the day. Polo shirts look great with a print or sporty details like mesh fabric.



CHIC
£135, Laain
(net-a-porter.com)



HOUSE OF HOLLAND

Lacoste, with its little embroidered alligator, is a classic



PASTEL
£85, Lacoste
(lacoste.com)



SPORTY
£245, JW Anderson
(brownsfashion.com)

1205



STRIPED
£185, Sandro
(uk.sandro-paris.com)

Striped trims give a nod to the polo's sporty roots, while block colours add a fashion edge



PROENZA SCHOULER



TASSELLED
£210, Michaela Buerger
(michaelabuerger.com)



Match your shoes to your stripes



PRINTED
£39.95, Joules
(debenhams.com)

STYLING BY LULU WENTWORTH. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY 3 OBJECTIVES PHOTOGRAPHY



Christy Turlington Burns
Model, Mother, Maternal Health Advocate

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INSTANT STYLE

Simply suede

Here's how to wear s/s 2015's most luxe trend

PHOTOGRAPHS BY
DAVID RALPH

STYLING BY
LULU WENTWORTH



SHIRT
£85, Brooks Brothers
(brooksbrothers.com)

JACKET
Fitted or flared sleeves with one easy zip #versatile
£950, Acne Studios
(acnestudios.com)

SKIRT
£29.99, H&M
(hm.com)

BAG
£45, Aldo
(aldoshoes.com)



BOOTS
£100, Timberland
(timberlandonline.co.uk)

The JACKET

~~WHY IT WORKS~~ This halfway zip means you can show a flash of layering; a crisp white shirt keeps it classy.
TIP Classic blue denim looks great with retro mustard.

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Model shown Jeep Renegade 1.4 MultiAir II 140 hp Limited FWD Manual with optional two-tone alloy wheels and optional bi-colour paint at £23,545 OTR. OFFICIAL FUEL CONSUMPTION FIGURES FOR JEEP RENEGADE RANGE MPG (L/100KM): EXTRA URBAN 48.7 (5.8) – 70.6 (4.0), URBAN 32.1 (8.8) – 51.4 (5.5), COMBINED 40.9 (6.9) – 61.4 (4.6), CO_2 EMISSIONS: 160 – 120 G/KM.
Fuel consumption and CO_2 figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Factors such as driving style, weather and road conditions may also have a significant effect on fuel consumption. Jeep® is a registered trademark of Fiat Chrysler Automobiles US LLC.

INSTANT STYLE



COAT
£995, BLK DNM
(net-a-porter.com)

ROLL-NECK
£69, COS
(cosstores.com)

BAG
£890, JW Anderson
(j-w-anderson.com)

SKIRT
£625, Tommy Hilfiger
(uk.tommy.com)



SHOES
Swap flats for heels if you're petite
£100, John Lewis
(johnlewis.co.uk)

The COAT

WHY IT WORKS There's no escaping suede's 70s connotations, so play it up with rusty reds and browns. Extra points for star prints.
TIP With a long coat, belt the waist for definition.



TOP
A loose fit keeps you cool when it's hot
£79.90, Mango
(mango.com)

BAG
£45, Fiorelli
(fiorelli.com)

SHORTS
£410, Phoebe English
(doverstreetmarket.com)



TRAINERS
£90, Geox
(gb.geox.com)

The TOP

WHY IT WORKS A suede vest is next-level styling for your Bermuda shorts. Simple pumps keep it casual.
TIP Keep summer chic in neutral shades.

INSTANT STYLE

TOP
£15, True Decadence (johnlewis.com)

CLUTCH
£35, Jigsaw (jigsaw-online.com)

DRESS
High maintenance, but totally worth it
£1,595, Amanda Wakeley (amandawakeley.com)

BOOTS
£740, Gucci (gucci.com)

The DRESS

WHY IT WORKS This dress works all year round. Wear with bare legs in summer, then add tights and a roll-neck for autumn/winter.
TIP Vamp up the look with accessories in statement colours.

BRA
£32, Intimissimi (intimissimi.com)

BELT
£65, LK Bennett (lkbennett.com)

BAG
£121, Rebecca Minkoff (shopbop.com)

SHIRT
A great alternative to your faithful denim staple
£207, Second Female (secondfemale.com)

SANDALS
£140, Senso (senso.com.au)

TROUSERS
£225, & Other Stories (stories.com)

The DOUBLE

WHY IT WORKS These pale pastel tones could be a bit girlie if it weren't for that rock 'n' roll fabric.
TIP Team trousers with heels for long-looking legs and clean hems.

Russell&Bromley



The Clean Cut loafer
www.russellandbromley.co.uk

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INSTANT STYLE

JACKET
£529, Sandro (uk.sandro-paris.com)

SHIRT
£160, Eileen Fisher (eileenfisher.com)

BAG
£2,259, Loewe (020 7499 0266)

JEANS
Add a quirky touch with bright trousers and shoes
£205, Hudson Jeans (selfridges.com)

BOOTS
£75, Kickers (kickers.co.uk)

The BAG

WHY IT WORKS A neutral coloured roomy bag is a timeless wardrobe investment. Literally goes with EVERYTHING.
TIP A bag can take a battering: be sure to use suede protector.

BRACELETS
£109 each, By Malene Birger (bymalenebirger.com)

RING
£79, By Malene Birger (bymalenebirger.com)

ROLL-NECK
£25, Boden (boden.co.uk)

BAG
£625, Jimmy Choo (jimmychoo.com)

DRESS
Cut-out details add interest (and ventilation!)
£369, Maje (uk.maje.com)

SHOES
£390, Carven (020 7225 7110)

The PINAFORE

WHY IT WORKS This classic 60s silhouette feels fresh with the addition of everyone's favourite, Breton stripes.
TIP Striking Mary Janes finish this pretty look perfectly.

WORDS BY LULU WENTWORTH

Made for

friends finding that perfect 'effortless' look



High Waisted Jeans £16

Ribbed Tunic **£10**
Leggings **£6**
Necklace **£10**
Batwing Top **£10**
High Waisted Jeans **£16**

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Q&A

#ASK HENRY

Got a burning fashion question? Our columnist **Henry Holland** comes to the rescue with some spot-on style advice. Trust him, he's a professional

Q I never know what to wear once I've ditched my winter coat and it starts to rain. Should I go for a full-on waterproof or invest in a stylish brolly?
JESSICA, WIMBLEDON

A 'However many stylish brollies I seem to buy, I lose even more – I have no idea how. Why waste cash on something so transient when there are some fabulous raincoats out there to be had? Whether you're a directional clear plastic Wanda Nylon, or a classic Burberry trench kind of girl, any excuse to buy a new jacket is a good enough reason for me.'





TRENCH
£2,495, Burberry Prorsum (burberry.com)

The chic way to weather sunny showers

Natalie Portman keeps it classic

RAINCOAT
£225, Bimba Y Lola (bimbaylola.com)

Q I love this season's Edwardian high-neck frilly collars, but I'm scared of looking like Mary Poppins. How should I style up my blouse?
MIMI, MORPETH

A 'Stay away from anything fussy. Lace tipping *or* a pussy bow. Never the two shall meet. Do be careful though, as this is a tricky trend to pull off. So make sure that it works for you, before you end up looking like a matron on her lunch break.'



BLOUSE
£29.99, Zara (zara.com)

Blogger Patricia Manfield takes a bow

Q I *so* didn't get on board with the sporty sandals look last year, so I'm not thrilled that it's back. Is there a more feminine alternative when I get my toes out?
NAOMI, READING

A 'If we're talking proper old-school Reef-style Velcro sandals that are common on German campsites, then I'm not sure anyone is that thrilled they are back! If you don't flatshare in east London then you are probably not a pool slides and sports socks kinda gal either, so I would say stick with an elegant, strappy, flat leather sandal. That way you will be able to wear them more than one summer: ie 2 1/2 weeks in the UK.'



Model Fei Fei Sun rocks the block



SANDALS
£12, Boohoo (boohoo.com)



SANDALS
£125, Ancient Greek Sandals (harveynichols.com)



STYLING BY LIBBY PAGE. PHOTOGRAPHS BY REX FEATURES

TWEET YOUR FASHION QUESTIONS TO **@INSTYLE_UK** WITH **#ASKHENRY**



KEEP IT CASUAL
Dress down platforms with a backpack



£120, Ashish x Topshop (topshop.com)



£79, Dune (dunelondon.com)



£995, Victoria Beckham (victoriabeckham.com)



£196, Chie Mihara (chiemihara.com)

SHOES WE LOVE

STACK IT UP

They're chic, they're sturdy and they're SO this season. What's not to love about 70s stacks?



£150, Orla Kiely x Clarks (clarks.co.uk)



£595, Michael van der Ham (michaelvan derham.com)



£120, Carvela Kurt Geiger (kurtgeiger.com)



A pastel shade of shoe is bang on trend



£125, Russell & Bromley (russelland bromley.co.uk)



A mini looks classier with a stack heel rather than a stiletto



£50, Office (office.co.uk)

£550, Shrimps x Sophia Webster (shrimps.co.uk)





Instant outfit inspo is also available on tablet



70S CHIC
Love the retro tan heels/ floral dress combo

STYLED BY LULU WENTWORTH. PHOTOGRAPHS BY CITIZENCOUTURE.COM. STILL LIFES BY 3 OBJECTIVES PHOTOGRAPHY



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STYLING BY

LIBBY PAGE

COLOUR RUSH

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HAT
£350,
Maison Michel
(selfridges.com)

SHOES
£466,
Zoe Lee
(zoelee.co.uk)

STYLING TIP
Mix with greys to keep the palette strong and modern

TOP
£208, Marques' Almeida(matches fashion.com)

COAT
£135, COS
(cosstores.com)

TROUSERS
£49.99, H&M
(hm.com)

TOD'S

BAG
£36, Next
(next.co.uk)

STYLING TIP
The perfect crisp blue is uber flattering on any skin tone

BOOTS
£350, Marc By Marc Jacobs
(020 7408 7050)

SHIRT
£29.95, Gap
(gap.co.uk)

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COAT
£38, F&F
(clothingattesco.com)

TROUSERS
£35.99, River Island
(riverisland.com)

STYLING TIP
Make like Marni and mix floral prints and khaki – the bolder, the better

JACKET
£55, Topshop
(topshop.com)

TOP
£189, Ostwald Helgason
(theoutnet.com)

BAG
£220, Marni
(net-a-porter.com)

SHORTS
£646, Danielle Romeril
(matchesfashion.com)

STYLING TIP
Avoid the army surplus vibe and go for a pencil skirt

SKIRT
£85, Oasis
(oasis-stores.com)

SANDALS
£50, Aldo
(aldoshoes.com)

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SWEET LILAC WEAR WITH NAVY



SUNGLASSES
£80, Whistles
(whistles.com)

BAG
£180, Hunter
(hunterboots.com)



JACKET
£170, Wood Wood
(goodhoodstore.com)



CHRISTOPHER KANE



HUNTER

STYLING TIP
This is the perfect trend for girlie girls

SHIRT
£49.90, Sisley
(sisley.com)

STYLING TIP
Add sporty elements to unsweeten the look



TROUSERS
£40, Uniqlo
(uniqlo.com)



DRESS
£59, COS
(cosstores.com)



CULOTTES
£65, Sisley
(sisley.com)



TRAINERS
£67, Adidas
(adidas.co.uk)

InStyle

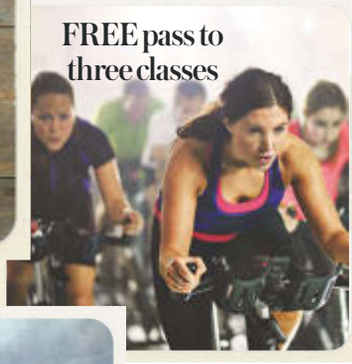
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HOW Hannah WEARS IT



TANK TOP
£28, ASOS
(asos.com)

THE TANK TOP

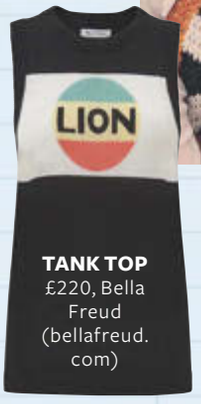
InStyle's fashion features ed and high-heel avoider Hannah does the trends her way





me in 1995





TANK TOP
£220, Bella Freud
(bellafreud.com)



Tank top, £154, Emma Cook (emmacook.co.uk); T-shirt, £50, James Perse (jamesperse.com); skirt, £840, Mary Katrantzou (harveynichols.com); shoes, £215, Grenson (grenson.co.uk)



Amazing retro knitting patterns



TANK TOP
£65, Topshop Unique
(topshop.com)

I was THRILLED to see tank tops on the catwalks at Prada and Hunter Original. They're fitted, so don't swamp my figure, and often have a scoop or V-neck (flattering if, unlike most catwalk models, you actually have a pair of boobs). If you find them tricky to track down on the high street, try menswear departments or vintage stores. *For more of Hannah's styling ideas, read her blog about flat shoes at enbrogue.com*

IT'S A SHOE-IN

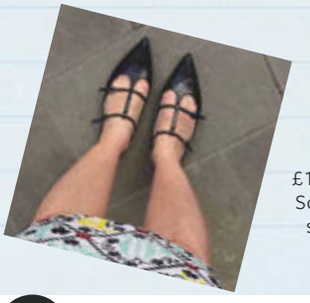
- *A pointy flat elongates your legs WITHOUT the need for heels*
- *This printed skirt also looks great with casual sandals*
- *A T-bar detail is always incredibly elegant*



SHOES
£375, Jimmy Choo
(jimmychoo.com)



SANDALS
£40, Office
(office.co.uk)



SHOES
£185, French Sole (french sole.com)

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STYLING AND WORDS BY ARABELLA GREENHILL. STILL LIFE BY FULL STOP PHOTOGRAPHY

HIGH-STREET HERO

Things are warming up and it'll soon be time to bare the bits we've been keeping under cover all winter. Go for the big reveal in this gorgeous sleeveless top, covered in rows of intricate macramé. It's from H&M's ethically made Conscious range, so you can totally do good while you look good too.

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ANATOMY OF A LOOK

Think a shirt dress is just for work? Think again. Add statement sunnies, a cute top-handle bag and pavement-pounding flats and you've got instant street-style chic



BOYISH KILTIE FLATS + GIRLIE PINK BAG = PERFECT ACCESSORISING

THE SUNGLASSES

From left, £180, Stella McCartney (matchesfashion.com); £99, Sheriff & Cherry (sheriffandcherry.com); £230, Prada (net-a-porter.com)



THE SHIRT DRESS

From left, £205, Maison Kitsune (kitsune.fr); £59, COS (cosstores.com); £600, Paco Rabanne (thecorner.com)



THE BAG

From left, £45.99, Mango (mango.com); £965, Paula Cademartori (harveynichols.com); £39.99, Zara (zara.com)

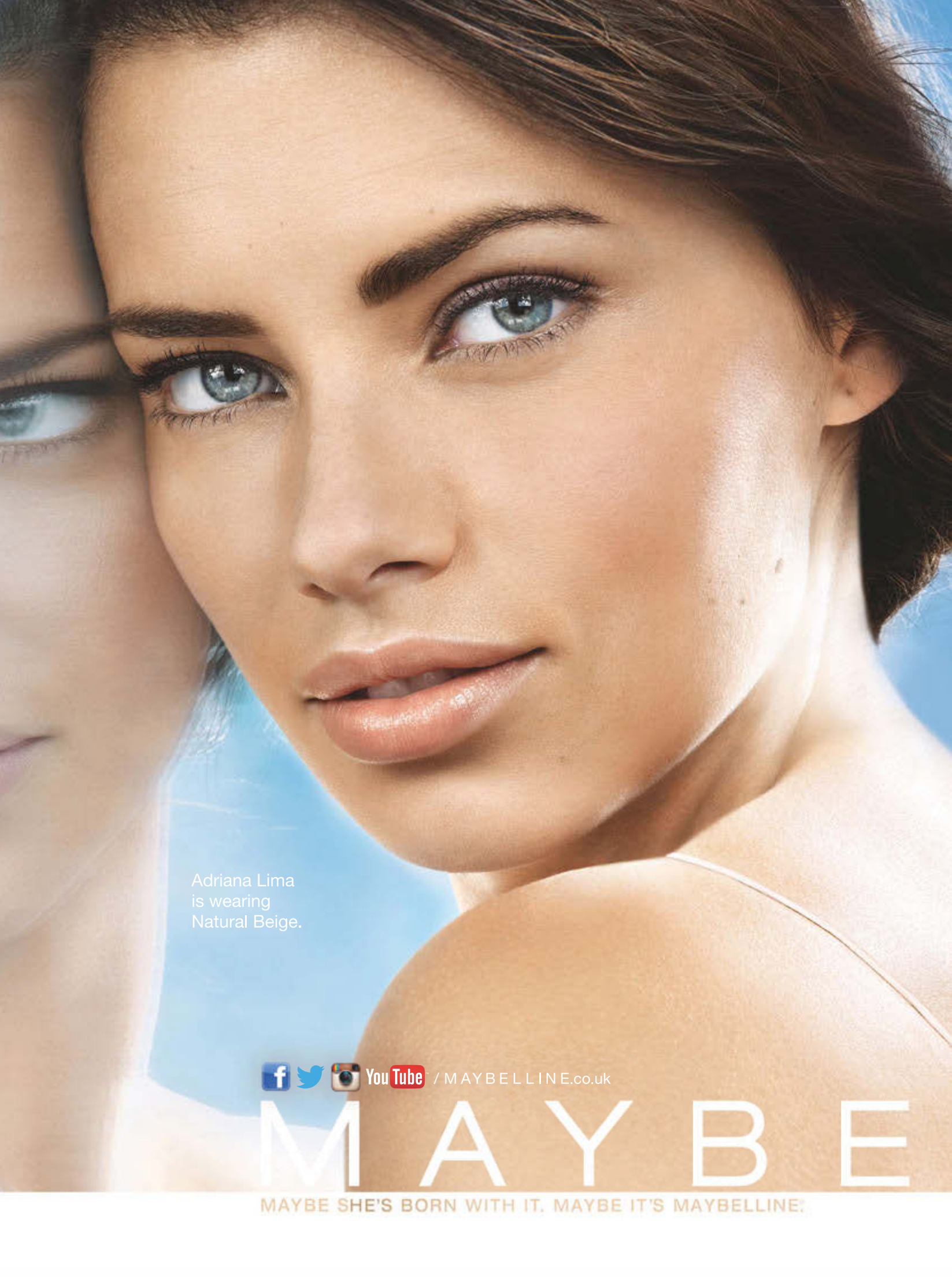


THE SHOES

From left, £400, Marni (shoescribe.com); £215, Grenson (grenson.co.uk); £455, Robert Clergerie (robertclergerie.com)



STYLING BY LIBBY PAGE. PHOTOGRAPHS BY JASON LLOYD-EVANS


Adriana Lima
is wearing
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STEP IN TIME
From ladylike wrapovers to boy-meets-girl leather (and not forgetting the ever-popular metallics) this season's watches cater for all style personalities
MIXED METALLICS
STYLING BY ROBYN KOTZE
1 Stainless steel watch, £279, Emporio Armani (houseoffraser.com) 2 Stainless steel watch, £2,195, Tag Heuer (tagheuer.co.uk) 3 Steel watch, £89, DKNY (houseoffraser.co.uk) 4 PVD rose-gold plated stainless steel watch, £1,395, Raymond Weil (raymond-weil.com) 5 Metal watch, about £1,290, Fendi (fendi.com) 6 PVD gold and steel watch, £650, Gucci (0845 674 8224) 7 Stainless steel watch, £305, Thomas Sabo (thomassabo.com) 8 18ct pink gold, steel and diamond watch, £9,350, Dior (dior.com)



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1 Metal and leather-strap watch, £310, Mougin & Piguard (jcrew.com) **2** PVD gold and alligator-strap watch, £960, Uniform Wares (uniformwares.com) **3** Metal and leather-strap watch, £129, Citizen (watchshop.com) **4** Stainless steel and leather-strap watch, £580, 88 Rue Du Rhone (88rdr.com) **5** Stainless steel and leather-strap watch, £219, Swarovski (swarovski.com) **6** Stainless steel and leather-strap watch, £475, Shinola (shinola.co.uk) **7** PVD gold, silver and leather-strap watch, £210, Calvin Klein (0845 274 4222) **8** 18ct pink gold and alligator-strap watch, £13,300, Cartier (cartier.co.uk)

LEATHER LOVE



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WRAP IT UP

1 Stainless steel and leather-strap watch, £125, Nixon (nixon.com) **2** Stainless steel watch, £99.99, Storm (stormwatches.com) **3** Metal and leather-strap watch, £40, Johnny Loves Rosie (asos.com) **4** Stainless steel and leather-strap watch, £1,450, Baume & Mercier (baume-et-mercier.co.uk) **5** Steel and leather-strap watch, £3,350, Chanel (chanel.com) **6** 18ct gold, diamond and rubellite watch, from a selection, Bulgari (bulgari.com) **7** Stainless steel and PU-strap watch, £60, Komono (komono.com) **8** Metal and leather-strap watch, £85, Olivia Burton (oliviaburton.com)

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THE FAB FIVE

Right stripes

When it comes to this summer's easiest trend, there's only one rule: the brighter the better

PHOTOGRAPH BY
DAVID ABRAHAMS



1. SANDALS £505, Laurence Dacade (net-a-porter.com) **2. RUCKSACK** £1,640, Valentino (valentino.com) **3. SUNGLASSES** £155, Linda Farrow (lindafarrow.com)
4. BANGLES £45 each, Bimba Y Lola (bimbaylola.com) **5. SANDALS** £575, Aquazzura (aquazzura.com)

STYLED BY LULU WENTWORTH



PHOTOGRAPHS BY
ANYA HOLDSTOCK

STYLING BY
ROBYN KOTZE

THE COLOURED TRENCH

Yellow is one of this season's key colours. Pair with navy and ditch the fisherman's hood to keep it chic

STYLE IT OUT

POWER DRESSING

Give your everyday look some standout with summer's awesome new must-haves



THE TAILORED SHORTS

Layer with a long-length waistcoat or a cape to keep things totally suitable for work

This page

SHORTS
Silk, £168, J Crew (jcrew.com)

COAT
Canvas and bouclé, about £3,470, The Row (neimanmarcus.com)

SHIRT
Cotton, about £167, Marie Marot (alexeagle.co.uk)

SHOES
Leather, £285, Paul Smith (paulsmith.co.uk)

Opposite page

COAT
Leather, £7,990, Ralph Lauren Collection (ralphlauren.com)

SWEATER
Cashmere, £1,100, Ralph Lauren Collection (ralphlauren.com)

CULOTTES
Cotton, £99, Karen Millen (karenmillen.com)

Spectacles, £240, Andy Wolf (andy-wolf.at)

THE PLEATED SKIRT

The long length will take you from day to evening. Wear with flat mules for a modern twist



This page

SKIRT
Polyester, £315, 1205 (brownsfashion.com)

SHIRT
Cotton, £120, Rae Feather (raefeather.com)

SHOES
Leather and rubber, £180, Whistles (whistles.com)

Metal earrings, £15, COS (cosstores.com); perspex bangle, £285, Roberto Cavalli (020 7823 1879); 18ct gold ring and 18ct white gold ring, £1,285 each both Dina Kamal (dover streetmarket.com)

Opposite page

WAISTCOAT
Cotton, £594, Isa Arfen (isaarfen.com)

TROUSERS
Cotton, £621, Isa Arfen (isaarfen.com)

COAT
Cotton and silk, £1,390, Paul Smith (paulsmith.co.uk)

Sunglasses, £675, Isa Arfen (isaarfen.com); ring (just seen), as before



THE SUMMER SUIT

Who says a suit has to be formal? This sleeveless teal combo has a sexy, retro feel. LOVE the single-shoulder robing



THE WAISTCOAT

This summer, it's all about the unfinished finish. The loose threads make this waistcoat SO now

This page

WAISTCOAT
Cotton-mix gabardine, £725, Cédric Charlier (avenue32.com)

TOP
Cotton, £95, Whistles (whistles.com)

SKIRT
Cotton-mix, £200, Sportmax (020 7499 7902)

18ct gold ring, £1,285, Dina Kamal (doverstreetmarket.com)

Opposite page

JACKET
Leather, £325, Topshop Unique (topshop.com)

TROUSERS
Cotton-mix, £29.99, Mango (mango.co.uk)

Sunglasses, £230, Prada at David Clulow (0844 264 0870)



THE LEATHER BOMBER

A vintage sporty vibe – think retro motocross – works for meetings if it's loose and tailored

THE STATEMENT LAPEL

A jacket with a wide, contrast-trim collar will transform the most simple of looks into a killer outfit #70schic



FASHION ASSISTANT: EMMA HARGADON. DIGITAL OPERATOR: EMMA WOOLRYCH. PHOTOGRAPHER'S ASSISTANT: AMY CLARKE. HAIR BY YOSHITAKA MIYAZAKI AT UNTITLED ARTISTS LONDON USING L'ORÉAL PROFESSIONNEL PARIS. MAKE-UP BY AMY CONLEY AT FACTORY USING CHANEL'S 2015 AND CHANEL BODY EXCELLENCE. MODEL: DAGNA AT MILK MANAGEMENT



THE WIDE-LEG TROUSER

Opt for a short, cropped jacket to balance out the volume on your bottom half

This page

TROUSERS
Wool and silk, £795, DSquared2 (dsquared2.com)

JACKET
Cotton, from a selection, Hugo Boss (hugoboss.com)

TOP
Cotton, £110, Hunter (hunterboots.com)

Opposite page

COAT
Wool, £1,300, Max Mara (020 7499 7902)

DRESS
Cotton, £255, Max Mara (020 7499 7902)

Spectacles, £99, GW Gok Wan 54 at Specsavers (specsavers.co.uk)



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Jennifer Aniston, having the best year of her life; actress ***Olga Kurylenko*** does bold brights; twenty years of ***Marni***; plus, the rise and rise of 'fashion food'



KNIT YARN CARDIGAN, LYCRA TWO-PIECE SWIMSUIT AND NAPA LEATHER SKIRT, ALL ALTUZARRA; NECKLACES AND BRACELETS, BELADORA; 18CT GOLD RING, H STERN

InStyle



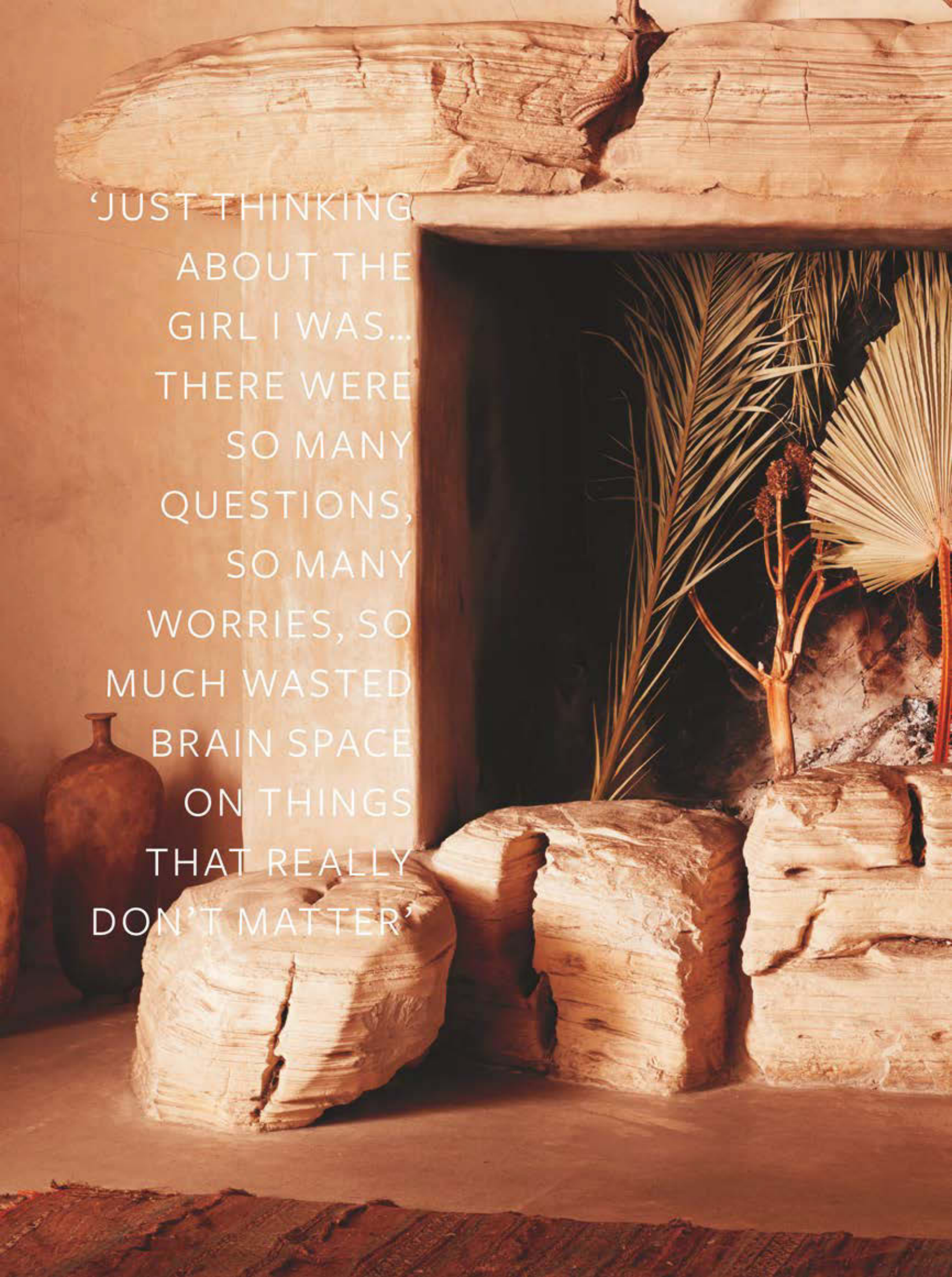
ALL ABOUT JEN

The hair, the bod, the sense of humour – how could anyone not be on Team Jen? Fresh from that game-changing film role, Hollywood's original girl crush lets us in on her world



LANVIN
Silk dress

Sterling silver and gold-finished horse-bit bracelet (worn throughout), Gucci; 14ct gold bracelet (worn throughout), Beladora; ring (worn throughout), Jennifer's own


‘JUST THINKING
ABOUT THE
GIRL I WAS...
THERE WERE
SO MANY
QUESTIONS,
SO MANY
WORRIES, SO
MUCH WASTED
BRAIN SPACE
ON THINGS
THAT REALLY
DON’T MATTER’



LANVIN
Cotton mesh tank, silk camisole and wool skirt

Suede sandals, Calvin Klein Collection; 14ct and 18ct gold necklaces and 14ct gold bracelets (worn throughout), Beladora



LANVIN
Silk dress

Suede sandals, Calvin Klein Collection

WORDS BY
AMY SYNNOTT

Jennifer Aniston's sprawling property, which she shares with fiancé Justin Theroux, is perched on a steep hill with panoramic views of Los Angeles. But before you can get in, you have to get past a hulking grey electronic gate.

'Who are you here to see?' a chipper female voice enquires when the buzzer is pressed. An appropriate question, I guess, when there is not one but two Hollywood stars sequestered behind that iron curtain of privacy. And boy, do they need their privacy. Aniston has endured near constant scrutiny from the tabloid press ever since splitting from Brad Pitt in 2005, despite being one of the most beloved (and bankable) actresses of her generation. After her engagement to Theroux in 2012, the speculation and gossip over an impending wedding and/or pregnancy reached fever pitch. 'I realise they need to sell magazines,' says the 46-year-old with a shrug. 'But it's really getting old. What kills me is when friends send me pictures they've taken at a newsstand. One magazine says, "Desperate and alone," and the other one says, "She's eloped!" I mean, at least consult. Don't make yourself look like an idiot. I'm going to be 50 and they're still gonna be saying, "She's pregnant!"'

Fortunately, these days Aniston is getting lots of press for all the right reasons. Happily in love, she is also at a major turning point in her career, thanks to her role in indie drama *Cake*. She wears no make-up to play Claire, an irascible, pill-popping addict who suffers from chronic pain after a car accident. 'It was the most challenging role I've ever had,' she says, 'hitting all those notes as authentically as possible – physically, emotionally and psychologically. I felt if I was going to take this risk, it had to be bulletproof.' Her dedication paid off: she was nominated for best actress by the Hollywood Foreign Press Association and Screen Actors Guild Awards.

When I arrive at her house, a perky assistant ushers me into the living room, where I'm asked to wait until Aniston finishes a phone call. The interior of the home looks nothing like the sterile, Mondrian-themed behemoth I saw in pictures online. Her open-air living room – while enormous – has a cosy, zen-like feel. The couches are covered in soft, tactile fabrics, and a large amethyst rock shares space on the coffee table with weighty tomes on landscaping and art. Oversize Buddhas and various Hindu gods beckon from every corner. On the wall hangs a surrealistic painting by Marc Chagall. Aniston, who says fixing up houses is her 'closeted passion', clearly has some serious decorating chops, but the place isn't without a sense of whimsy. 'I've never had a modern house,' she says. 'So my challenge was to bring in some warmth.' To wit, on the counter of the built-in bar in the living room sits a series of jars filled with all manner of treats – from jelly beans to roasted almonds. But my favourite part of the house – the corner of her world that really illuminates her delightfully twisted sense of humour – is the first-floor powder room. There, intermingled among luscious white peonies and a flickering Diptyque Santal candle, I discover the statue given to Aniston from the Screen Actors Guild Awards for outstanding performance by an ensemble in a comedy series. But the coveted statuette isn't displayed high up on a shelf; it's beside the toilet, arm outstretched, handing me the Charmin. 'I mean, what else was I going to do with it?' Aniston giggles. 'With that little arm sticking out? I hope it doesn't seem like a big "F you" to the Screen Actors Guild. I know people who use their Oscars as doorstops.' Having finished her phone call, she is now curled up on the grey cashmere couch in her living room, sipping an iced tea. She is wearing rolled-up boyfriend jeans, a soft green cotton shirt and tortoiseshell glasses. A nimbus of sun-dappled layers hangs loosely around her face. Sitting this close, it's hard not to be distracted by her skin, which is tanned and virtually poreless. There's nothing frozen about her face. When she speaks, her eyebrows dance, her forehead furrows. 'Sophie is my newest rescue,' she says, nuzzling her dog's neck. As one of her other rescue dogs, Clyde, climbs onto the couch and starts licking my face like it's a T-bone steak, we get down to business, discussing her new roles, new love and the tabloid headline she'd like to see in '*Crapass Bullshit Times Weekly*'.

In *Cake* you play a depressed woman suffering from chronic pain. What drew you to this role? 'Honestly, I read the script and I just loved her. She's this kind of nasty, acerbic, funny person who is in pain. And then there's the story. What she's been through. It was like a perfect storm. For an actor, it was like tick, tick, tick. So much emotional territory to cover.'

A lot has been made of the fact that you don't wear make-up in this movie. But this is not the first time you've dressed down for a role. You did *The Good Girl*... 'Yup. And *Friends With Money*. But this one, well, she's really banged up. For two months there were no mirrors, no manicurists, nothing. The hardest part was when they said, "Don't work out." I said, "But I have to." And then I realised when you're not working out, your levels of joy just go down. And it's not that easy to get the weight off once you stop working out. You say to your body, "Hey, what's going on?" But that's just the forties.'

In a recent interview you said the forties were the best years yet. 'It may be harder to shed those extra pounds, but all this stuff [she circles her head with her fingers] is fabulous. Just thinking about the girl I was at twentysomething or even thirtysomething – there were so many questions, so many worries, so much wasted brain space on things that really don't matter.'

What do you think was the turning point for you? 'Turning forty. I'm a late bloomer. I mean, it's no secret: I've had some challenging companionship. [*Laughs*] I think hitting a wall with that really kind of [helped me grow]. I found a great therapist. I think the self-love piece was really important. And spending a lot of time alone. Having time to ask myself why there was such toxicity in my immediate space at times. Why would I attract that instead of light?'

Tell me how you met Justin. 'It was through Robert Downey Jr. I was on ▷

vacation in Kauai with Courteney [Cox] and David [Arquette] and my friend Mandy [Ingber], who's also my yoga teacher. Robert was on the island shooting *Tropic Thunder*. One night he came over for dinner and brought his friend Justin Theroux, who was the screenwriter. I had never heard of him.'

So this was around 2008. What did you think the first time you saw him? 'I remember thinking, "Isn't he hot?" But he was very hidden. As he says, for him, "It's winter from the waist down, no matter what season it is," so he was wearing black jeans, combat boots, glasses and a fedora.'

At this point in time, were you single? 'Oh, yeah. Soooo single. But it was never [a romantic thing]. I just thought, "What a lovely guy." He was funny, but actually really quiet. I later found out he was just exhausted because he had been writing non-stop, like a hamster on a wheel. This was his one night off, and he had no personality, but he was very sweet and very overdressed. I was like, "You must be really shvitzing up a storm in those jeans and combat boots."'

So you didn't see him again until 2011, when you were in *Wanderlust* with him? 'Yeah, but then we just became very good friends, as did everyone on that set. We didn't start dating until the following summer, after he went through a break-up. All of a sudden it was just like, "Well, you're one of my closest friends and..." Somehow I just saw him in a different light once he was available.'

Do you feel like you've gotten wiser about relationships as you've gotten older? 'If I haven't, I should be kicked out of life school because I've had some really good training.'

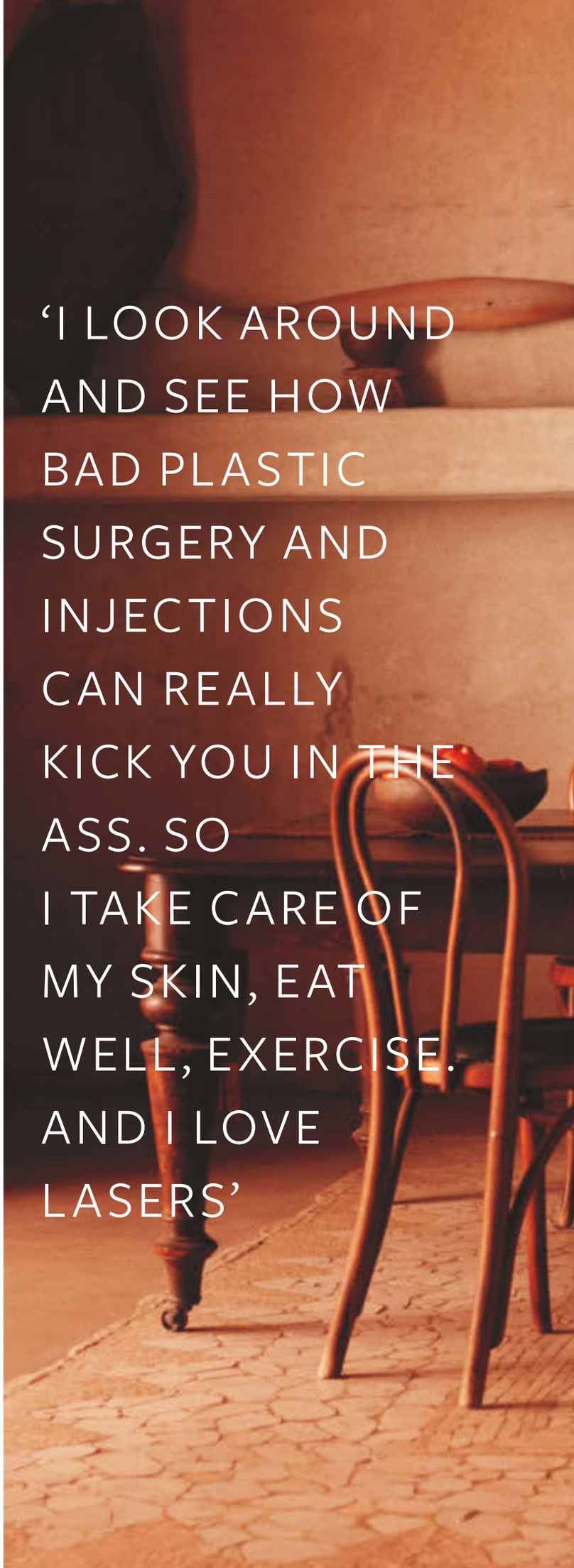
There's so much interest in your upcoming wedding. How do you manage to keep it private? 'There's a big discussion in our house right now: do you just do it and say screw it? Or do you try desperately to get away with [a secret ceremony] where you don't have any fun because you're hiding in a cave somewhere? If we could do it without all the buzzing and noise... It can be done. Where there's a will, there's a way.'

What's a typical Saturday night like for you two? 'We go out a lot during the week, so we usually stay in at the weekends. We'll have friends over for a big dinner party or do a movie. On Sundays Justin cooks. He'll surprise me with some wonderful egg creation. He also makes great pasta.'

So you eat pasta. 'Lately, I do. Blasphemy, I know. When I was 110 pounds, I never ate pasta. I've been allowing myself a lot more in the past few years. Which does make it harder to lose those last few pounds. But you have to live. And so what? You go up a size.'

Last time we spoke, you said you're not a fan of Botox. How do you handle the pressure in Hollywood to look perpetually young? 'People lose perspective. I look around and see how bad plastic surgery and injections can really kick you in the ass. So I just take care of my skin, eat well, exercise. And I love lasers and [other non-invasive treatments like] Thermage [radio frequency] and Ultherapy [ultrasound]. I also like a good microcurrent facial.'

If you could write your own tabloid headlines – that are true – what would they be? 'Oh, that's a tough one. That should be a Justin question. Wait a sec. How's this? "When I'm pregnant and married, I will let you know. Not a tabloid publication. Not *Bullshit Times* or *Crapass Bullshit Times Weekly*. They will not be telling you. And by the way, stop stealing my thunder! Let me have the fun of telling that story."' □



JENNIFER
ANISTON



HAIR BY CHRIS McMILLAN FOR SOLO ARTISTS. MAKE-UP BY ANGELA LEVIN FOR TRACEY MATTINGLY. MANICURE BY TOM BACHIK FOR CLOUTIER REMIX. SET DESIGN BY LISA BAZADONA

DONNA
KARAN
NEW YORK
Linen canvas dress

Python belt, Salvatore
Ferragamo; snakeskin
sandals, Manolo Blahnik

COLOUR POP



Silk jacket, £1,100, and silk trousers, £390, both Tod's (tods.com); sterling silver earrings, £75, Bam-B (bam-b.co.uk), worn throughout

Straight-talking actress Olga Kurylenko does spring style in fresh brights and crisp whites #effortless

PHOTOGRAPHS BY

HENRIK BÜLOW

STYLING BY

AMY BANNERMAN



Leather top, £1,495, and leather trousers, £2,825, both Loewe (020 7499 0266)



Silk dress, £2,000, Dior (dior.com); sunglasses, £150, House Of Holland (houseofholland.com)

OLGA
KURYLENKO



Silk shirt, £230, Equipment (net-a-porter.com); cotton and neoprene trousers, £610, Roksanda (matchesfashion.com)

OLGA
KURYLENKO



Cotton dress, £1,379, and cotton shorts, £297, both Emilia Wickstead (020 7235 1104); embellished leather and raffia sandals, £645, Rupert Sanderson (rupertsanderson.com)



Silk shirt, £99, MICHAEL Michael Kors (michaelkors.com); silk and silk-chiffon trousers, about £738, Barbara Bui (barbarabui.com); leather bag, £450, Christopher Kane (brownsfashion.com)

HENRIK BÜLOW

OLGA
KURYLENKO



Cotton top, £1,595, and silk trousers, £2,920, both Chanel (020 7493 5040); small earrings, Olga's own; scarf, stylist's own



Silk dress, £550, Acne
(acnestudios.com)

HENRIK BÜLOW

WORDS BY **LUCY PAVIA**

Remember Olga Kurylenko's white-hot breakthrough as Bond Girl Camille in *Quantum Of Solace*, when she managed to make a dusty black cocktail dress and bare feet look a million dollars? Well, if you ask the lady herself, she'll tell you she's not actually much of a little black dress kind of girl. 'Oh, I'd always rather be in colours,' she says, eyeing up a bright orange Emilia Wickstead ensemble on the rail at the *InStyle* shoot. 'I'm that sort of person.'

Olga's upbringing in Ukraine didn't feature any fancy designer threads. Growing up in a cramped flat in Berdyansk, during one particularly cold winter her mother had to cut pieces off her own coat and sew them onto Olga's just to keep her warm. It was when a model scout approached her on a trip to Moscow that everything changed. By the age of 16 she was modelling in Paris for brands like Cavalli and Kenzo. The transition to acting began in her twenties with a handful of French movies, before she won the role opposite Daniel Craig. Since then we've watched Olga tackle everything from big-budget action thrillers with Tom Cruise (*Oblivion*) to critically acclaimed art-house numbers (Terrence Malick's *To The Wonder*), and she's relocated from Paris to London, though all those years spent living across the Channel have left her with a laid-back air of Gallic cool, and she dips into fluent French several times on the shoot. She was in a long-term relationship with *American Horror Story* actor Danny Huston, but the two broke up last year and she's currently single (form an orderly queue, boys).



This month she's starring in Russell Crowe's feature-film directorial debut *The Water Diviner*, a First World War film set between Australia and Turkey. Olga leads opposite Crowe as Ayshe, the owner of a Turkish hotel who he falls in love with on a search for his missing sons. We sat down with her to talk about working with Russell, Parisian style and why she'd never blow silly amounts of money on clothes.

How are you finding the shoot today?
'There's no colour I wouldn't wear, so I love everything on the rail. I'm also quite relieved about the no make-up look. I think it's better. My face changes when I wear make-up, I don't recognise myself.'

Do you think a love of minimal make-up comes from the time you spent living in Paris?
'Well, it's definitely not because I lived in Ukraine! [*Laughs*] It is true that women in Paris never put on make-up. It shocked me when I first got there, then I realised how much I liked it.'

You were just 16 when you moved there from Ukraine. Was it hard leaving home so young?
'For the first year I was extremely lonely. But once I got there I was determined to stay; failure was not an option. Now I can have a glass of wine, but back then no way, because Mummy said, "Don't drink," and I was obedient. I now think, "Thank god," because I saw girls get into some crazy stuff.'

Has your upbringing affected how you spend money now?
'Definitely. I'm very careful. I think about everything. Some people go, "Oh, I went out and bought something and didn't realise how much it was," but there's no such thing with me. I always think about the future because I never want to go backwards.'

Do you have any specific memories from growing up in Ukraine?
'I was on the beach every summer. That was the pleasant part of my childhood, because we were right by the sea. We'd take a picnic and I'd spend hours in the water until I turned blue. You couldn't get me out of there.'

Are you still close to your family?
'I Skype them all the time and we talk on the phone. My mum is actually here right now, so we're hanging out.'

How was it working with Russell on *The Water Diviner*? He's got quite a fiery reputation.
'Oh no, he was wonderful on set. It was a pleasure working with him. Acting against him I could see how effortless his work is. He's a natural.'

What do you think about those Idris Elba Bond rumours?
'Why not? If he's up for it and they want him, I think he'd be great.'

Where will we see you next?
'I'm going to be in a film called *A Perfect Day*. It's a drama about the war in Bosnia. And then *Momentum*, which is a pure action film with a lot of running and fighting and shooting. After doing a historical film like *The Water Diviner* it's good to mix things up.'
The Water Diviner *is in cinemas from 3 April*

Silk dress, £1,640, Gucci (020 7235 6707)

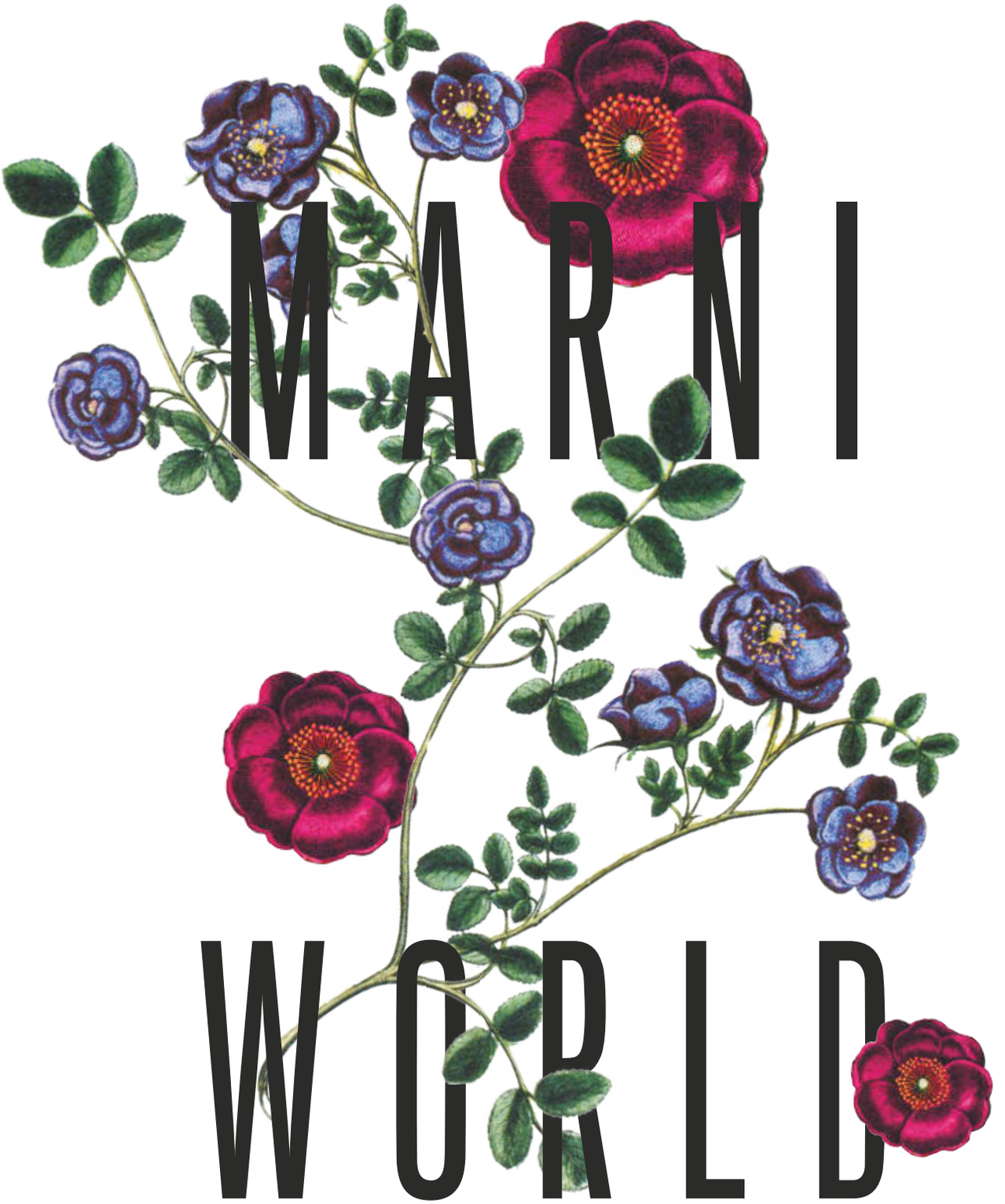
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OLGA
KURYLENKO



Wool jacket, £2,225, and wool trousers, £890, both Giorgio Armani (armani.com)

HENRIK BÜLOW



MARNI WORLD

When she was 14, her mother launched Marni. Eccentric and artful, it heralded an entirely new breed of femininity. Now part of the business herself, we caught up with Carolina Castiglioni to chat flowers, childhood and stealing her mum's clothes

INTERVIEW BY
HANNAH ROCHELL



Carolina, *right*, with her mother Consuelo, Marni's creative director

What's it like growing up as part of the family behind the most colourful, quirky fashion brand in Milan? For Carolina Castiglioni, daughter of Marni's founder and creative director Consuelo Castiglioni, there was no way she wasn't going into the family business. Well, when you have the coolest mother at the school gates, why wouldn't you? At just 34, Carolina is Marni's special projects creative director, having previously headed up the launch of Marni.com. The brand celebrated its 20th anniversary in style with a spectacular flower market after its s/s 2015 catwalk show. The sea of colourful blooms, wire flamingos and giraffes, and DIY necklaces was the talk of Milan long after it had finished. We caught up with Carolina to find out exactly what life is like in Marni world (it's delightful, as it turns out #lifeenvy).

'Growing up in the Marni household was really normal for me. It might seem glamorous from the outside, but it was nothing special, just really natural. Fashion was always there. I remember my friends saying my mum was really cool. My earliest memories of her style were that she was very modern when I compared her to the other mothers at school. My grandmother on my father's side also has a really particular style. She's in her eighties now and always wears Marni in a really sophisticated and elegant way.'

'My mother's taste in children's clothes is quite classic, but in her way of course. She really loves stripes and flowers, and likes a child to look like a child, not a mini woman, so we wore nothing super-strange or strong as children. When I was a teenager, I didn't steal clothes from my mother's wardrobe. At the age of 14, I just wanted to look like my friends, so I wore what everyone else at school was wearing. Then, when I was 17, my mother told me to try to follow my own style and taste, and that's when I started to borrow clothes from her. It was also when I started to love fashion.' ▷



Carolina in Marni s/s 2015 – what else?



Flower girls: blooms spilled from specially produced Marni bags

'On a typical day, I wake up really early as I have two young children myself now [Filippo, three, and Margherita, one]. Once I've given them their breakfast and taken them to kindergarten, I am always late, so I whizz to work on my motorbike. I work with my family [her mother Consuelo, father Gianni, Marni's CEO, and brother Giovanni, who works in Marni's retail department], which is really nice, because we're together, but in different offices, so we are not with each other all day long. We get together for lunch, when we can share ideas. We do try to keep work separate from our free time, though, so we can really switch off – especially in the evenings. During the summer, we spend all of August at our house in Formentera, and we also have a house in Switzerland where we go skiing together.'

'Marni has such a strong association with flowers. The adjectives that describe flowers are at the heart of what Marni is about: freshness and colour. My mother always wanted fresh flowers in the house when we were growing up, and my childhood bedroom in the 80s was decorated in wallpaper with green, blue and pink flowers on it. My favourite flowers are hydrangeas and my mother's are peonies.'

'Nine years ago, I started in Marni's commercial department, before moving to retail, where I was the accessories buyer. In 2006, I launched Marni.com and now I am the special projects creative director, which means I mainly work on our 20th

PHOTOGRAPHS BY STEFANO GALUZZI, DOMALD GASKA, ALAMY, PIXELEYES

'Marni has such a strong association with flowers'

anniversary Prisma project. We wanted to do something special to celebrate, but not a retrospective, so we came up with the idea of the flower market; something vibrant that people would be really surprised by, and something that was open to the public, too. I loved the concept: a Marni city within a city with the spirit of a summer garden party. My favourite element was the workshops, where people could use recycled materials to make their own Marni necklaces or flower sculptures. It was like a Sunday afternoon with LOTS of friends and family – we counted 7,300 people on the day. It was so successful that we're taking it everywhere – it was recently in Hong Kong and heads to Japan next, and will be popping up as mini flower markets in department stores all over the world. We are going to give the profits from the flowers, shopping bags, aprons and garden furniture sold at the markets to charity. We're creating a school for 50 disabled children.'

'On the day of the market, I wore a dress with a print from the catwalk show. It was the natural choice, because there was a link between the flower market and the show. My mother started with an empty canvas and then added colours, embroideries and old prints from the archives. For me, it had to be colourful and it had to be flowers. I like to wear Marni every day; you can always find pieces that match your style.' □



The impressive 18th-century Rotonda della Besana





From left, 18ct white gold, morganite and pavé diamond ring, £12,500, 18ct white gold and sapphire ring, £19,000, and 18ct gold, pink spinel and diamond ring, £25,000, all Theo Fennell (theofennell.com). Cashmere sweater, £79, Marks & Spencer (marksandspencer.com); sunglasses, £220, Karen Walker (avenue32.com)

PHOTOGRAPHS BY

MARTIN PARR

WENDY'S HOUSE

Some things never go out of style. Martin Parr captures this season's hottest gems on the coolest older ladies, while new author Cecilia Eckbäck opens up her own jewellery box

STYLING BY

ARABELLA GREENHILL







#WENDYSHOUSE MARTIN PARR

Top, 18ct white gold, South Sea pearl and diamond ring, £16,800, and 18ct gold, pearl and diamond necklace, £168,000, both Chanel (chanel.com). Silk shirt, £390, Jil Sander (selfridges.com). *Centre,* sterling silver and emerald necklace, £2,253, Carat London (caratlondon.com). *Bottom, clockwise from top,* 9ct gold, amblygonite and white sapphire ring, £114, 9ct gold, aquamarine and white zircon ring, £77, gold-plated silver, amethyst and blue topaz ring, £149, 9ct gold, morganite and diamond ring, £88, 9ct gold and morganite ring, £131, and 9ct gold, aquamarine and zircon ring, £66, all Gemporia (gemporia.com). *Opposite page,* 18ct pink gold, amethyst, rubellite and pavé diamond earrings, £15,900, 18ct pink gold, amethyst, rubellite and pavé diamond necklace, £55,000, 18ct pink gold, amethyst, rubellite and pavé diamond bracelet, *left,* £44,000, 18ct pink gold, citrine and pavé diamond ring, £3,940, 18ct pink gold, amethyst and pavé diamond bracelet, *centre,* £5,600, 18ct pink gold, rubellite and pavé diamond bracelet, £36,300, all Bulgari (bulgari.com). Silk crêpe kaftan, £2,950, Valentino (harveynichols.com); sunglasses, £350, General Eyewear (generaleyewear.com)







#WENDYSHOUSE MARTIN PARR

Left, from top, 18ct gold, diamond, amethyst and lacquer earrings, £6,300, 18ct gold, diamond, citrine, amethyst, tsavorite, pink sapphire, mandarin garnet and lacquer ring, £8,600, 18ct yellow gold and chrysophase ring, £10,500, and 18ct gold, diamond, amethyst, tsavorite, pink sapphire, mandarin garnet and lacquer ring, £8,600, all Dior (dior.com). Cotton top, £370, Dries Van Noten (harveynichols.com); silk shirt, £260, Equipment (net-a-porter.com). *Below, from top*, 9ct white gold, created pink sapphire and diamond ring, £499, 14ct strawberry gold, tanzanite and diamond ring, £2,499, and 14ct strawberry gold, morganite and diamond ring, £2,499, all Ernest Jones (ernestjones.co.uk). *Bottom, from left*, 18ct rose gold, labradorite and blue diamond ring, £2,600, 18ct gold, olive quartz and green diamond ring, £1,400, 18ct gold, citrine and cognac diamond ring, £2,200, and 18ct gold, amethyst and yellow diamond ring, £1,400, all Annoushka (annoushka.com)













#WENDYSHOUSE MARTIN PARR

Top, 18ct pink gold, blue topaz and rubellite earrings, £7,950, and 18ct pink gold, amethyst, blue topaz, rubellite and pavé diamond necklace, £49,500, both Bulgari (bulgari.com). Cashmere roll-neck, £79, Marks & Spencer (marksandspencer.com); sunglasses, £285, General Eyewear (generaleyewear.com). *Bottom left, clockwise from left,* rhodium plated and crystal pavé necklace, £199, Swarovski (swarovski.com); sterling silver ring, £180, 18ct rose gold vermeil ring, £225, and 18ct rose gold vermeil and cubic zirconia ring, £170, all Links of London (linksoflondon.com); sterling silver and cubic zirconia ring, £85, Pandora (pandora.net); 18ct rose gold vermeil ring, £180, Links of London (linksoflondon.com); rhodium plated and crystal ring, £69, Swarovski (swarovski.com); sterling silver and cubic zirconia necklace, £115, Pandora (pandora.net). *Bottom right, from top,* platinum, tourmaline and diamond ring, £29,300, platinum, aquamarine and diamond ring, £15,100, platinum, tanzanite and diamond ring, £7,325, 18ct gold and enamel bracelet, £24,400, 18ct gold bracelet, £13,800, and 18ct gold, enamel and sapphire bracelet, £58,500, all Tiffany & Co (tiffany.co.uk). *Opposite page,* 18ct gold and diamond pavé necklace, £160,700, Shamballa Jewels (020 7730 1234). Silk top, £355, Dries Van Noten (harveynichols.com)



by cecilia ekbäck

'YOUR FATHER USED TO TELL YOU HE HOPED YOU WOULD TURN OUT A JEWEL,' MY MOTHER SAID.

'I know,' I said. Sometimes these words felt like the most beautiful gift, sometimes like a burden. They meant so much: Make the most of yourself. Make us proud.

It was my father who bought me my first piece of jewellery. 'It's the flower for your month,' he said. 'April.' The chain on the necklace was gold and the pendant was black onyx imprinted with delicate silver flowers. I was eight years old. My father had been away in Japan – and I was his girl.

I was now 43 years old and had moved to Calgary with my husband and two children. I lifted out the pieces in my jewellery box one by one and placed them on the bed. 'Do you remember your first piece of jewellery?' I asked my mother.

'Yes,' she said. 'It was a silver necklace with a single pearl. My aunt gave it to me before she moved away. We were all so upset she was leaving.'

Every woman has her own story in her jewellery box; of significant moments, of relationships with the giver. Each piece of jewellery is a sliver of memory.

The bottom layer of my jewellery box tells a story of personal expression. There was a huge silver cross as large as my hand. I remembered a T-shirt that ended at the midriff and a boyfriend's jeans. Here were gigantic silver rings in turquoise and black – one for each finger. Tens of bangles, which jingled and jangled. How did I manage to write with those rings on? How did I hold hands?

I saw a tiny gold nose ring. Ouch. My mother wouldn't find that one funny – not even now. I still like it. I think it pretty and I like the attitude.

'You can't wear that,' I was told at an interview. The manager nodded at it. 'It would give the wrong impression.' I wondered what impression and wished I had asked. Instead, I showed up for my first day at work without it.

The next layers are all about my work. There is a pair of pearl earrings, 'dormeuses'; I remembered buying them in Marseilles with my first pay cheque. The emerald ring I bought in Rio de Janeiro on a business trip.

For a while, I bought jewellery according to brand. There was the Hermès chain bracelet, the Mikimoto pearl ring, the Damas necklace. Then, according to fashion: stacking rings, tennis bracelets, outsized watches. These pieces of jewellery marked achievements: I was adult, professional, on my own, doing just fine.

I look at my hands, older now, used to a different sort of work, to soothing babies, writing stories. On my left ring finger I wear my husband's great-grandmother's wedding ring, set with rubies and diamonds. My own wedding ring broke when it got caught in a baby car seat – I haven't had it mended yet. Perhaps I don't need to, my husband's great-grandmother's ring might be enough. It connects me not only to him, but to his entire family. Then there's a red plastic ring on my little finger which one of my daughters got in a vending machine at the dentist's, 'for bravery', when she was three years old. There is a bracelet a friend gave me on a drunken night out, which is purple and has glittering stones, some of which are missing.

I won't ever wear the expensive designer pieces again, I thought. It no longer seems part of the life I am living. Should I try to sell them? 'You won't get anything for them,' my husband said that evening. 'Keep them and enjoy them.'

I mulled it over. Even if I didn't want to wear them any more, they were still part of my story.

In the end, I put two sets aside – one each for my twin daughters. One set was missing the matching earrings, so I went out and bought them.

'How lovely,' the salesperson said. 'For your daughters?'

'For their 18th birthday,' I said.

I'll tell them, I thought. How it was when I was 18 and left home, how I began working, what I did and what I learned.

And then I'll tell them, I hope they turn out jewels.

Wolf Winter *by Cecilia Eckback is out now (£4.99, Hodder); ceciliaekback.com*

FASHION ASSISTANT: LULU WENTWORTH. PHOTOGRAPHER'S ASSISTANT: TOM GROVES. HAIR BY DAYARUCI AT ONEREPRESENTS.COM. MAKE-UP BY CHARLOTTE REID AT ONEREPRESENTS.COM USING NARS. NAILS BY LUCY TUCKER AT ONEREPRESENTS.COM USING CHANEL S 2015 AND BODY EXCELLENCE HAND CREAM. WITH THANKS TO JJ LOCATIONS, WENDY SYMONS JONES, JANE BARNELL AND JENNY AT MODELS PLUS


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HAVE YOU INSTAGRAMMED YOUR EGGS YET?



It's official: we're Insta-obsessed and these days, a perfectly filtered shot of your morning granola can be as big a hit with the fashion crowd as a Prada bag. Kate Spicer investigates 'fashion food' mania

Bring Summer Home

with the fabulous new novel from

Fern Britton

'You'll gulp this down in a day at the beach'

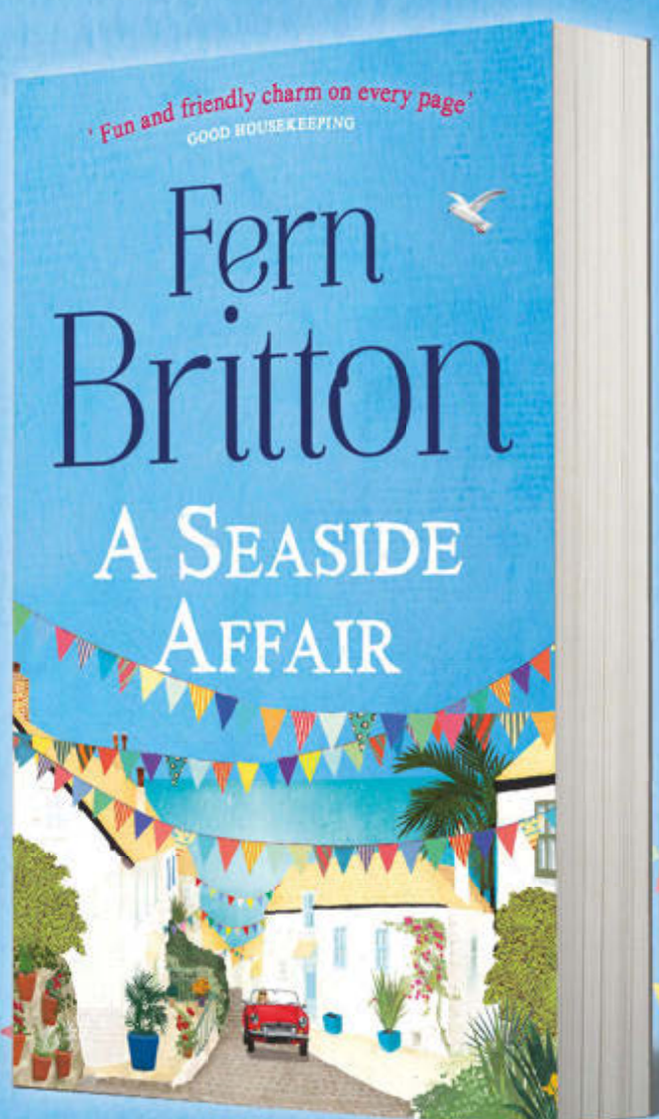
Daily Mail

'Another ripping good read from Fern Britton'

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It sounds ridiculous to say food is so hot right now, as food's been not just in, but essential, since life began. It's been hot since stone-age man made fire – not since the whole flesh-cooked-on-coals thing became a trend early last year. But something's definitely changed. Now, if you're a foodie, you're also most definitely 'fashion'.

It used to be that fashion was the ultimate style communicator. Now, in the social-media age, everything says something about us, but chiefly – and most regularly – it's food that makes a statement. The stars of this fashion-food world are all new, too. These are a move on from the Jamies and Nigellas. These girls – and they *are* mostly female (yay!) – have grown up with smartphones and social networks stitched into the very fabric of their being. They are 20- and early-30-something bloggers, chefs and food-preneurs who articulate their lifestyles brilliantly on social networks and look fantastic while they're at it. The new faces of food blogging, writing and television are fashion savvy and photo ready.

The girl who arguably kicked it all off, Gizzi Erskine, is as much an ambassador for the delights of vintage fashion as she is a cook. Rocking a big black beehive and tattoos, she's often in a 50s leopard-print coat with tights and high-waisted hot pants. When she isn't writing cookery books, columns or TV shows, she's DJ'ing at street-food events, aka food raves. 'The internet, Twitter and Instagram have undoubtedly been the cause of people's soaring interest in food,' Erskine says. 'We are not just obsessed with what's on our own plate but are drooling at what's on others', and we're aware of the fast pace that food trends spin off,' she says.

Mina Holland, editor of *Guardian Cook*, looks like an east London kid and lives like one, too. She says eating is a more subtle, complex and universally relatable expression of self than fashion. More subtle than taking a selfie and showing off the pair of shoes you've just bought; more complex because it's not just about looking aesthetically cool, but projecting someone who is cultured. And, most importantly, more universally relatable, because food is a physical necessity for everyone. Indeed, the fashionable-food movement is something we can all join in with. There are festivals, like Wilderness or Latitude, that have chefs headlining alongside music artists. Lewisham, in south London, had a Cinderella-style makeover last summer when the street-food event Model Market took off there. Twice a week, people travelled to the London hood to eat, drink and, by the end of the night, stick their heads in the massive sound system. 'Among the locals, all sorts came, but the people who travelled to us in Lewisham were all hipster types,' says the market's organiser Jonathan Downey. 'I think local people felt pretty good about something so positive happening in their area.'

Many of the new Instafood stars have fashion to thank for their culinary careers. Lucy Carr-Ellison, whose Tart London catering is a big favourite for shoots, was urged into starting her business by famous photographer Tim Walker. Ruby Tandoh, who reached the final of *The Great British Bake Off* and has gone on to a career as a telegenic baker, is an ex-model. Rose Ferguson, a trained nutritionist and naturopath, still works as a model and was a favourite of the late Corinne Day, the iconic photographer who 'made' Kate Moss in the early 90s. She says she used to cringe when posting food photos to Instagram, being a bit older than the average Instafood star. 'I felt a wally, the cynical bunch took the mickey, but others really love it and are engaged and interested. I couldn't believe it when I posted a picture of some cabbage and immediately got 80 likes.'

Jasmine Hemsley is a former model and one half of food's most fashionable culinary duo, Hemsley + Hemsley. Her sister Melissa is pretty scrumptious looking, too. The pair started out as private chefs and developed their own delicious healthy-eating ethos, which their clients raved about to all the right people. Today, they're starting to break America, thanks in no small part to their great overall look, as well as their way with dairy-free mango and cashew butter. In one Instagram post about the Hemsleys' beloved bone broth – possibly the most fashionable thing ▷

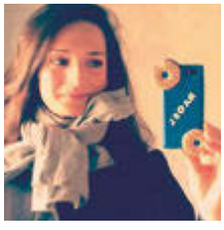
to be eating in London or New York (today, anyway – tomorrow it will be cashew butter) – the first comment is, 'Where is the mug from?'. In another, about courgetti (spaghetti made from courgette), there are as many comments about Jasmine's Markus Lupfer jumper as there are about the delicious wonders of their Spiralizer (don't know what a Spiralizer is? Yikes, I bet you're still wearing skinny jeans, too). What unites many of the new faces of food is a focus on health and wholesomeness. Nigella never offered us her perfect hangover smoothie or did anything yummy with quinoa.

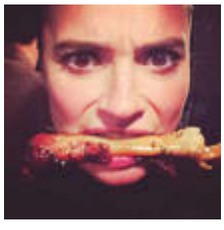
On *InStyle*'s Instagram feed, food posts get more likes than fashion. At the time of writing, 154 million pictures on Instagram are of #food. When the online boutique Farfetch decided to publish *Farfetch Curates,* a series of books explaining trends from a fashion perspective, the first subject it chose was food. 'Eating and drinking have become as fashionable as pastimes as buying clothes, with new food trends, scenes and cultures emerging all the time and spreading internationally,' says Stephanie Horton, chief marketing officer at Farfetch and editorial director of *Farfetch Curates*. 'We wanted to capture that sense of pace and change and talk to fashion personalities globally about their take on it.'

The fashion world and food may seem an unlikely fit to those of us brought up on size-0 and the heroin chic of the grunge era, when the only thing that went in a girl's gob was a Marlboro or a glass of champagne. But those silly old stereotypes aside, Ferguson thinks food's fashion moment isn't surprising. 'Fashion is, by its nature, visual,' she says. 'And it loves anything new.' Meanwhile, Holland says, 'When I flick through the weekend supplements, I'm not in the market for this Margiela jacket or that Rag & Bone bag – they're purely window shopping. But I *can* feasibly make what Nigel Slater's done this week, what I saw Tom Kerridge cook on TV, or what Ruby Tandoh just posted to Instagram. Food is achievably aspirational. In a fragile economic climate, it's one of the few things that is.' □









From top, Ruby Tandoh, Mina Holland, Ella Pear and Gizzi Erskine are the new girls on the (chopping) block

'When I flick through the weekend supplements, I'm not in the market for a Margiela jacket, but I *can* feasibly make what Nigel Slater's done this week'

ADDITIONAL WORDS BY HANNAH ROCHELL. PHOTOGRAPHS BY ALAMY, MICHAEL ZEE, INSTAGRAM/MINA HOLLAND, INSTAGRAM/GIZZI ERSKINE

HOW HIPSTER IS YOUR DINNER?

YOU'VE BEEN PUT IN CHARGE OF BOOKING A MEAL FOR YOUR FRIEND'S BIRTHDAY. YOU...

A. Go to a bar and get as drunk as possible. Eating's cheating, so who cares? You'll get some chips at the end of the night if the birthday girl is hungry.

B. Book a table at the local gastropub. Apparently the waiters wear T-shirts and they do those sharing planks. Food on wood? Brilliant!

C. Feel smug that you don't need to book, because you'll be heading to the latest food-market pop-up in a derelict multi-storey car park.

WHAT'S YOUR FAVOURITE COCKTAIL?

A. Does cider and black count?

B. You literally drink nothing but Aperol spritz.

C. You'd much rather have a glass of English sparkling wine these days, TBH.



YOU'VE BEEN ASKED TO BRING DESSERT TO A DINNER PARTY. YOU...

A. Forget, so you buy something from Iceland on the way. If it's good enough for Peter Andre, it's good enough for you.

B. Wheel out the tried and tested Tiramisu recipe. If it ain't broke...

C. Just so happen to have six glass jars (exactly the number of people going to the party) that you can make lemon posset in, plus some dried lavender to garnish. Picture perfect.

IT'S SUNDAY MORNING. YOU...

A. Wake up at 11am with a hangover, then rush to the local caff for a bacon butty and don't own up to anyone that it even happened.

B. Make a cracking fry-up and put a hastily taken picture of it on Facebook.

C. Roast some mushrooms, asparagus, cherry tomatoes and goat's cheese, serve it with a poached egg on vintage crockery (artfully arranging the entire table, obvs) before taking your Instagram snap #brunch.

IF YOU ANSWERED

MOSTLY As: Food's really not a priority for you, is it? MOSTLY Bs: A+ for effort, but you're about a decade behind, darling. MOSTLY Cs: Congrats! You're a food hipster!

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North London Tour

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West London Tour

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Northwest London Tour

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A map of your chosen Tour will be sent out ten days before the event. Terms and conditions apply. Tickets are limited and non-refundable. Apologies, but there is no wheelchair access. No transport will be provided. All participants must be aged 18 or over.

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ACTRESS FLORENCE PUGH does the new sexy hair; ***Scarlett Johansson*** on low-key beauty and DIY nail art; plus the only skincare guide you'll EVER need

THE NEW

HAIR

Lose the fuss and get sexy, modern tresses with these six simple looks. Actress Florence Pugh gives us hair envy

RULES

WORDS AND BEAUTY STYLING BY

MALENA HARBERS

RULE 1

GET BUSY WITH THE GLOSS



OK, we know the unwritten rule for minxy locks is not to look like a doll, but trust us, this sleek waterfall of hair will turn heads faster than Louis Vuitton's s/s 15 leather minis. 'Everyone wears their hair textured now,' says Syd Hayes, L'Oréal Paris UK hairstylist. 'It's sexier and more modern to have a considered, polished style.' To get it right, you'll need lots of shine spray and a mixed boar-bristle Mason Pearson brush.
PRO TIP 'For frizzy or curly hair, use a 5p-sized amount of oil before blow-drying, then flat iron one to three inch sections,' says Hayes.

Top, £320, See by Chloé (net-a-porter.com)



RULE 2

JOIN THE CHAIN GANG

Forget the schoolgirl effect – this plait is for grown-ups. 'Everyone's done three-strand and fishtail braids,' says Hayes. 'This is the new chain braid.' Sound difficult? Don't worry – it's doable for everyone. 'Prep hair with a priming, texturising spray or styling cream, then divide into four equal sections at the nape of the neck. Cross section one (closest to your ear on the left) over section two and under three. Then cross section four under three and over two. Keep alternating sides until you get to the end.' Check out instyle.com/beauty for Hayes' how-to video.

PRO TIP 'Pull out bits of the braid so it's looser and you can see the chain effect,' says Hayes.

Top, £205, Elizabeth and James (net-a-porter.com); nose stud, Florence's own

RULE 3

FAKE A BOB



We know, we know, tucking your hair into your jacket isn't a groundbreaking trend. But what Phoebe Philo trademarked backstage at Céline in 2011 has become the ultimate in-the-know hair look that defies seasons. And, frankly, we love the utter nonchalance of it. It also means you can make like Rosie H-W, Kim K and Emma Stone and sport a bob for a day without the commitment. Now *that's* our kind of style! 'There's nothing to this look,' says Hayes. 'Simply throw on your jacket and let your hair's natural texture fall around your face.'
PRO TIP 'Tilt your chin down as you sling on your coat to create a bit of volume at the back when you straighten your head,' says Hayes.

Jacket, £255, Laain (net-a-porter.com)

RULE 4

MAKE LIKE A MODERN MERMAID



These aren't your average tousled waves, they're so much softer, sexier and more touchable. 'I call this the new "It" texture – more than a wave but less than a 90s crimp,' says Hayes. The key? Start the 'kink' two inches above your ear to get volume without the prom-queen effect. 'Before bed, spritz hair with a wave-creating styling spray for grip. Braid two-inch sections around your entire head – four in total if you've got fine hair – leaving them in overnight. Use your fingers to comb them out in the morning for a soft, zig-zag texture.'
PRO TIP No time to sleep on it? 'Use straightening irons on the braids instead, clamping section by section as you move towards the tips.'

Shirt, £280, Eudon Choi (avenue32.com); earrings, £35, Melissa Odabash (johnlewis.com)



RULE 5

TWIST, TIE AND GO

Yep, it's the ultimate 'I'm running late but still need to look effortlessly hot' do. This Japanese-inspired twist on the classic low pony was the hot hairstyle on the s/s 2015 catwalks, too. 'What you use to prep your hair is really important,' says Hayes. 'Spritz a dry mist priming spray, such as L'Oréal Paris Studioline Hot & Go, on day-old hair and blast it with a hairdryer from mid-lengths to ends.' To create the knot, take two sections and tie them together as if you're tying your shoelaces – without the bow.

PRO TIP If you have fine or thin hair, you'll need some extra support. 'Stick kirby grips through two parts of the knot to hold it in place,' says Hayes.

Top, £530, Osman (matchesfashion.com)



INTERVIEW BY
CHLOE MAC DONNELL

Vest, from a selection, Tibi (net-a-porter.com); T-shirt, £19, American Apparel (americanapparel.co.uk); earrings, as before

Florence Pugh is telling me there's a very good reason why she's always had really long hair. 'When my mum was younger, a hairdresser chopped all her hair off. She was so traumatised, she wouldn't let me get mine cut until I was about 12,' she laughs. Her impressive blonde mane has been whipped into every shape today – from a super-sleek knot to a volumised 'crimped' do – but it's not just her shampoo-ad hair that's been winning her praise. The 19-year-old Brit has stolen the show with her on-screen debut alongside *Game Of Thrones*' Maisie Williams in *The Falling*, the film-festival hit about an English country girls' school, which the critics have been raving about. Here she talks fainting fits, sex scenes and what's it like having a brother in one of the biggest shows on TV...

Was *The Falling* really the first film you'd ever auditioned for?

'Carol Morley, the director, leafleted my school asking girls to audition by sending her a video. I googled Carol, as the way my teachers were talking about her, I knew I needed to take it seriously. When I got called to meet her, I had my hair up. The first thing she said was, "Where's your hair?" so I took it down and she and the casting director spent about two minutes touching it. I think I got the part because of my hair!'

The film centres around a fainting epidemic at a school. Did you have to learn to stage fall?

'We had three weeks of learning how to faint so we wouldn't bruise. We all lived together in this huge house, so we'd practise at night. It was like being at boarding school. We'd eat Nutella out of the jar and run around at night trying to slap each other.'

Did you become good pals with *Game Of Thrones* star Maisie Williams?

'The first time I met her, I was waiting outside the audition room and was like, "OMG, there's Arya Stark!" I'm still in awe of her. She took me to an event and the paparazzi asked her for a photo by herself, but she said, "I'm with my friend Florence." It would've been so easy for a 17-year-old girl not to share that moment with me. She's awesome.'

And now your older brother Toby has bagged a *Game Of Thrones* role, too...

'Everyone is asking me, "Is it because you know Maisie?" but you don't just get things because you know people. You have to do a good job. We used to joke about how one day we'd go to events together and strut our stuff and now it's happening!'

What does your red-carpet prep involve?

'I'll run a bath with a Lush glitter bomb – it makes my skin look like it's singing. Then I'll put loads of conditioner in my hair. I'd love to try to recreate the low knot we did today as it looks so elegant. I'd team it with a dramatic smoky eye and lots of eyeliner.'

Have you always loved make-up?

'When I was growing up, my mum's friend was a bit bonkers – like my second cool mum – and bought me this incredible make-up set with 17 lipsticks. I didn't know what I was doing with it, but I loved colouring in my face. She also gave me my first perfume, a bottle of Coco Chanel, when I was nine.

Any hair experiments?

'I bought a bright pink hair dye thinking it was semi-permanent. I put it on my fringe and my mum said, "What the f**k are you doing?" I was like, "Relax, it washes out." Then I read the instructions and saw it'd last for six to nine months!'

What's next for you?

'I want the next script to be the right one. At this stage, it's easy to say yes to everything, but I don't want to wake up in 20 years and find some awful thing I've done. Apart from that, I'd love to be a candyfloss maker to match my nickname, Flossy.

The Falling is in cinemas from 24 April

RULE 6

BAND TOGETHER

Now *this* is easy date-night hair. 'Create a ponytail, tie a band around it once, then on the second time, don't pull the hair all the way through,' says Hayes. 'Twist the loose ends up and pin them, pulling some strands out for texture.'

PRO TIP 'Seeing the hair band is what makes this look cool,' says Hayes. 'Pick one that contrasts with your hair colour.'

The kit



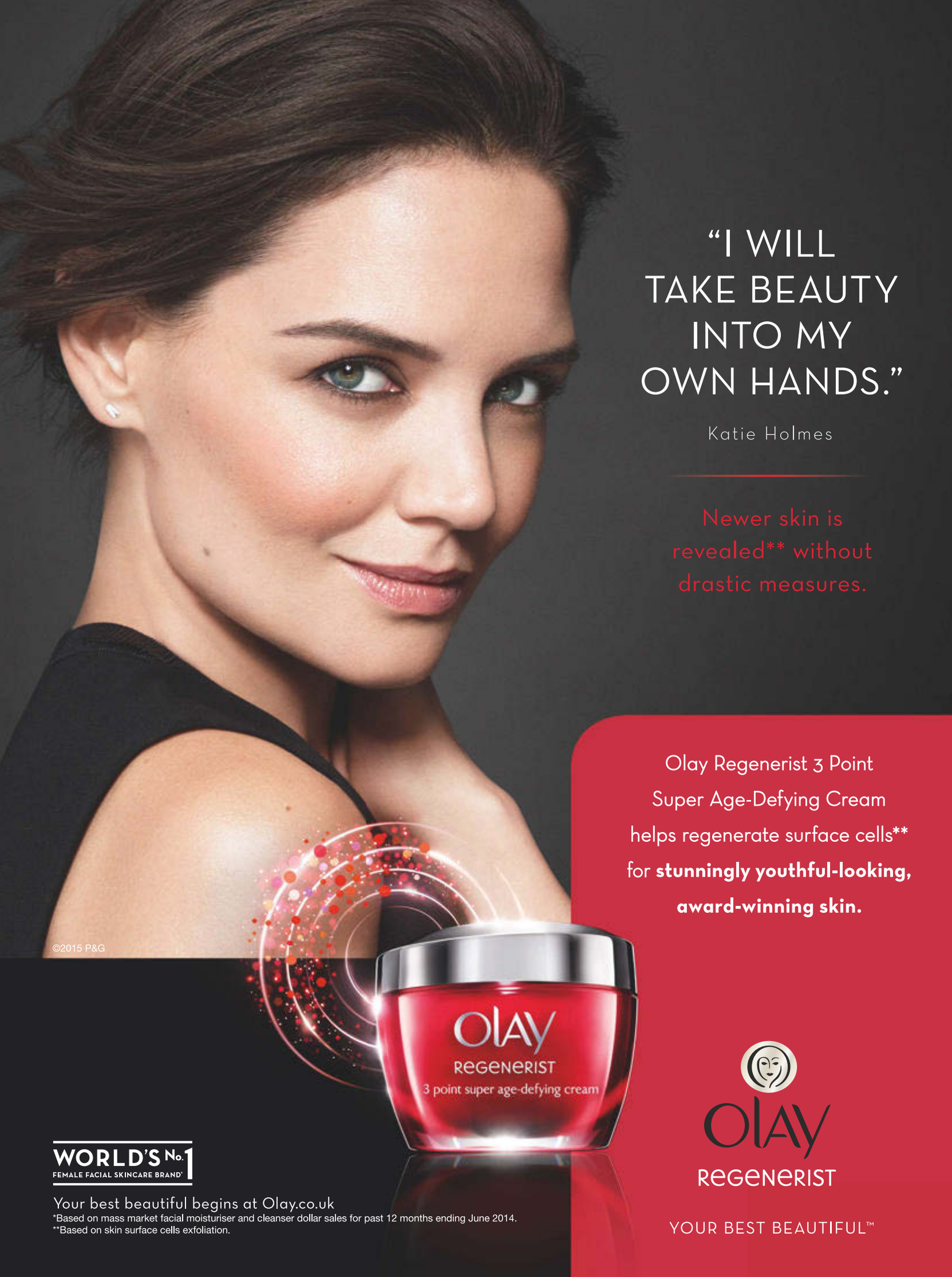
From top, Junior BN2 Brush, £63.75, Mason Pearson (020 7491 2613); Elnett Precious Oil Hairspray, £3.79, L'Oréal Paris (available nationwide); Repair Miracle Shampoo, £3.99, Aussie (available nationwide); Rare Blend Moisture Therapy Conditioner, £23, Ojon (feelunique.com); Studioline #TXT Wave Creating Spray, £3.79, and Studioline Hot & Go, £3.79,both L'Oréal Paris (available nationwide); Colour Fanatic, £16.45, Pureology (pureology.co.uk); Elvive Nutri-gloss Luminiser Extraordinary Gloss, £12.99, and Elnett Satin Heat Protect Styling Spray 3 Day Waves, £3.99, both L'Oréal Paris (available nationwide)

HAIR BY SYD HAYES AT PREMIER HAIR AND MAKEUP USING L'ORÉAL PARIS STUDIOLINE HOT & BIG BLOWDRY SPRAY. MAKE-UP BY SONIA DEVENEY AT ONE REPRESENT S USING L'ORÉAL PARIS INFALLIBLE 24-HR MATTE FOUNDATION. NAILS BY ZARRA CELIK AT LMC WORLDWIDE USING ESSIE. STYLING BY LULU WENTWORTH. PHOTOGRAPHER'S ASSISTANT: WILL RICHARDS. DIGITAL OPERATOR: OLIVER BIRTA



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INSTYLE BEAUTY DIRECTOR CASSIE STEER SAYS...

Forget injections – fake a plumper pout using tw lipstick tones. Apply a darker s around the edges and a lighter o in the centre to add fullness.

TRY... Colour Elixir Lipsticks in Tuesday and Bewitching Co *below*, £7.99, Max Factor (boots.com)





NOTES FROM THE BEAUTY DESK

THE GREAT BRITISH TAKE OFF

As we while away the month waiting for our next dose of Mary Berry, we're indulging in these three baking-inspired cleansers...

1 It might sound faddish, but Mizon, one of South Korea's best-selling brands, has a cleanser made from egg white. Yep, you read it right, Mild Skin Smoothie Egg White Bubble Cleanser (£19, cultbeauty.co.uk) really does contain what you might be more likely to have for breakfast. But as connoisseurs of beauty, whatever South Korean women are buying, we'll take two.

2 Exfoliating is dull, but Laura Mercier's moreish Crème Brûlée Sugar Scrub (£37, uk.spacenk.com) makes it feel like less of a chore, thanks to its sumptuous blend of warm caramel and white musk. Your super-smooth beach body will thank you for it.

3 We love Philosophy's delicately sweet new offering, Fresh Cream Shampoo, Shower Gel and Bubble Bath (£19.50, philosophy.com). Its three-in-one formula cleanses and conditions hair and skin. Well, if it was good enough for Cleopatra....





JUST CAVALLI

£10 TRICK

When make-up guru Gucci Westman bigs up a product, we listen: 'Revlon's Photoready Prime + Anti Shine [£9.99, superdrug.com] is amazing because it erases pores and imperfections for a super-smooth, shine-free base.' We hear you, Gucci.



PRO GLOW

Want a bronzer with skincare benefits, or a turbo-charged, glow-giving mosituriser? First up is Bare Minerals Complexion Rescue Tinted Hydrating Gel Cream SPF 30, *above*, (£26, bareminerals.co.uk). It offers a huge 215 per cent increase in hydration and, with 'freckle friendly' coverage, is perfect for summer. Trystal Minerals, *below*, from Vita Liberata (£35, vitaliberata.co.uk) is a bronzer/self-tan hybrid, giving an instant glow that develops into a natural-looking tan. Meanwhile Fountain's The Glow Molecule, *right*, (£38, selfridges.com) is crammed full of 'It' ingredient glutathione (a natural antioxidant), boosting skin from within.









BEAUTY CUPBOARD CONFIDENTIAL

WHAT'S LANDED THIS MONTH

WHAT Volupté Tint-in-Oil in Cherry My Cherie, £23.50, YSL Beauté (yslbeauty.co.uk)

WHY 'Glossy and nourishing, with just the right amount of colour.' *Cassie Steer, beauty director*





WHAT Boucheron Quatre EDP, £75 for 100ml, Boucheron Paris (harrods.com)

WHY 'Bitter orange, redcurrant, jasmine and golden wood make for a fruity but sophisticated scent.' *Jessica Tibbits, beauty writer*

WHAT Nail Apricot Cream, £20, Dior (dior.com)

WHY 'This may finally persuade me to look after my cuticles. So chic.' *Malena Harbers, beauty editor*



WORDS BY CASSIE STEER. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES



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LloydsPharmacy · Community Pharmacy · day lewis Pharmacy · +well · rowlands pharmacy · Superdrug · Boots let's feel good

*Average symptom improvement in 8 weeks. Data on file.

#LUSTLIST

EDITORS' PICKS

The *InStyle* team's must-have products of the month

'Didn't dry my skin like some soaps and smells gorgeous. The zodiac theme makes it a cute gift.' Chloe Mac Donnell, editorial assistant
Gemini Zodiac Oval Soap in Verbena, £12, Fresh (020 7486 4100)



'A subtle, sparkle-free glow in one swipe.' Catherine Scale, beauty intern
Chubby Stick Sculpting Highlight, £19, Clinique (clinique.co.uk)





'This mascara gives my ultra-straight lashes a 12-hour lift.' Malena Harbers, beauty editor
Roller Lash Mascara, £19.50, Benefit (benefitcosmetics.co.uk)

'Helps give your skin that youthful padding back. I'm trowelling it on!' Cassie Steer, beauty director
Revitalift Filler Renew, £14.99, L'Oréal (boots.com)



'A silky, mattifying balm in a compact beautiful enough to take out at dinner.' Amy Bannerman, fashion editor
Touche Éclat Blur Perfector, £31.50, YSL (yslbeauty.co.uk)



'The perfect uplifting floral scent for summer.' Claire Clifton Coles, picture editor
Valentina Pink Eau De Parfum, £64.50 for 50ml, Valentino (selfridges.com)







'It manages to be both shiny and matte and looks really cool on. A proper party polish.' Hannah Rochell, fashion features editor
Colour Chrome Nail Polish in Blue, £4.99, Models Own (modelsownit.com)



'I'm always on the lookout for something to smooth my frizzy mess! It works over time, too.' Arabella Greenhill, fashion director
Smooth Infusion Smoothing Masque, £25, Aveda (aveda.co.uk)





InStyle is also available on tablet, for an instant beauty update



'This soft pink is the perfect work-time blush.' Lucy Pavia, senior features writer
Rain Or Shine S/S15 Runway Palette, £45, Burberry (burberry.com)

COMPILED BY CASSIE STEER. STILL LIFES BY PIXELEYES


Unilever
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Breathe life into your fine hair
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Moisture + 95% more volume*
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It provides oxygen fused moisture that instantly dissolves on your hair.
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www.dove.com
*Shampoo and Conditioner vs. flat, limp hair.
oxygen MOISTURE
SHAMPOO



INSTYLE'S ULTIMATE SKINCARE GUIDE

Cut out and keep! Here's every thing you'll ever need to know for clearer, brighter skin

SUMMER SWAP SHOP

Whatever your hydration hero, you'll need a warmer-weather alternative that can stand up to the heat



IF YOU USE...

Moisturizing Cream, £105, Crème de la Mer (cremedelamer.co.uk)

YOU'LL LOVE...

The Moisturizing Gel Cream, £105, Crème de la Mer (cremedelamer.co.uk). This lighter (but no less luxurious) version has a refreshing texture to quench thirsty skin.

IF YOU USE...

Dramatically Different Moisturising Lotion, £17.50, Clinique (clinique.co.uk)



YOU'LL LOVE...

Turnaround Daytime Revitalizing Moisturizer, £34, Clinique (clinique.co.uk). Oil-free moisturiser with an added hit of optical pigments for a faux-holiday glow.

IF YOU USE...

Pro-Collagen Marine Cream, £80, Elemis (johnlewis.com)



YOU'LL LOVE...

Hydra-Balance Day Cream, £38, Elemis (johnlewis.com). Hyaluronic acid moisturises, while the herb meadowsweet regulates oil to banish niggly summer spots.

IF YOU USE...

Crème, £3.39, Nivea (boots.com)



YOU'LL LOVE...

Daily Essentials Light Moisturising Day Cream, £3.99, Nivea (boots.com). With an SPF 15 and a pleasantly refreshing formula, this easily absorbed cream contains vitamin E to nourish and support skin.

PRO TIP

HOW TO CLEANSE (PROPERLY!)

ONE

Start with an oil cleanser, such as Immortelle Oil Make-up Remover, £22, L'Occitane (uk.loccitane.com), to remove make-up and grime (oil removes oil). Massage in for a minute, especially around the hairline, jawline and nose.

TWO

Rinse with tepid water using a clean muslin cloth or flannel to ensure all the cleanser is removed. Try Pure Muslin Cloths, £4.50 for two, Liz Earle (uk.lizearle.com).

THREE

Apply a wash-off cleanser to damp skin to get rid of water-soluble dirt, such as dust and sweat. We like Crescent White Full Cycle Brightening Cleanser, £30, Estée Lauder (esteelauder.co.uk). Pat dry.

FOUR

Finish by sweeping a cotton pad soaked in micellar water, such as Acai Berry Multi-Tasking Micellar Water, £4.49, Good Things (boots.com) over your entire face to remove any residual impurities.



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New product

Available at larger Boots

Available at boots.com

Boots

let's feel good

Subject to availability.

THREE OF THE BEST SUPPLEMENTS

FOR ANTI-AGEING: BAOBAB

Packed with powerful antioxidants, this helps repair skin from the inside out.
Try: Baobab Superfruit Powder, £14, Aduna (liberty.co.uk)

FOR DRY SKIN: OMEGA-3

Keeps acne and inflammation at bay and moisture levels up.
Try: Lion Heart Pure Omega 3 Fish Oil, £47.50, Bare Biology (uk.spacenk.com)

FOR RADIANCE: SPIRULINA

This wonder-algae gives a protein and vitamin boost for a toned, glowing complexion.
Try: Spirulina tablets, £15.99, Organic Burst (feelunique.com)





THE LOWDOWN ON LASERS

Our cover star Jennifer Aniston swears by them, but what can lasers offer for their A-list price tags?

BEST FOR ALL-OVER ANTI-AGEING = ERBIUM

What it does Laser virgins, be warned – this treatment is hardcore. But if you want to see dramatic changes in the condition, texture and tone of your skin, you need it in your life. 'It's essentially a face peel done with a laser,' says London's go-to facialist and professional laser-wielder Debbie Thomas. 'It's most commonly used fraxelated – this is where small dots of skin are burnt away, triggering the production of collagen (the building blocks to looking younger) in the healing process.'

What it feels like While you're under the light, you'll feel a prickly sensation. Afterwards? It's the same sort of tenderness as bad sunburn.

Ouch factor 4 1/2 out of 5

Downtime A serious treatment calls for some serious downtime, so download your favourite box set and be prepared to stay off work for at least three days (ten max). You won't look like Samantha from *Sex And The City* post-chemical peel, but you will be a mild to medium red and your skin will start to flake.

What to budget After four to six one-hour sessions, you'll see smaller pores, fewer fine lines and plumper, healthier skin – promise! From £550 per treatment.

BEST FOR ACNE = ND:YAG

What it does 'This is the most deeply penetrating of all the lasers,' says Thomas. 'That's why it works wonders for both active acne and red acne scars.'

What if feels like It's a bit like a hot elastic band flicking over your skin. Sound painful? Trust us, you won't be in agony, but it might make you flinch if you're sensitive.

Ouch factor 3 out of 5

Downtime You'll have some mild redness for a few hours so try to book your session for the end of the day and skip cocktails with friends.

What to budget To be spot-free, you'll need between four and six 30- to 60-minute sessions, one to three weeks apart, depending on how bad your acne or scarring is. From £200 per session.

BEST FOR REDNESS = COPPER BROMIDE

What it does 'This laser is super effective on red colouring, making it great for zapping veins and broken blood vessels,' says Thomas. It kills off those annoyingly visible veins, which then slowly fade as they're absorbed by your body.

What it feels like A warm tingling sensation as facial veins are banished.

Ouch factor: 2 out of 5

Downtime You might end up with a hint of redness for a few hours post-treatment, but you can apply make-up straight away, so tuck your concealer stick and foundation into your handbag for emergencies.

What to budget Banish a ruddy complexion in about four to eight sessions, from 30 to 60 minutes each. From £200-£450 per treatment.

BEST FOR DARK SPOTS = ALEXANDRITE

What it does 'This laser is very sensitive to colour, so it's ideal for treating sun spots and pigmentation,' says Thomas. Think of it as a large magnet that latches onto those dark patches that cropped up after last summer's trip to Ibiza and shatters them into small pieces.

What it feels like An intense hot flick. 'It feels similar to the copper bromide laser, but it's used as a targeted treatment to zap visible dark spots only, not your entire face, so you won't feel the sting as much.'

Ouch factor 1 1/2 out of 5

Downtime Four to ten days. The zapped dark spots gets darker, then flake off, leaving you with clear skin in their place.

What to budget To get rid of sun spots, you'll need one to two sessions of five to 30 minutes, depending on how much pigmentation you have. From £90-£420 per session.

TOP TIP Hate your sun spots but have super-sensitive skin? Ask for the Q-switched laser instead. It's much kinder to reactive skin, meaning you'll see less redness and inflammation afterwards.

Visit Debbie Thomas at Josh Wood Atelier, 020 3393 0977; debbiethomas.co.uk

KOREAN WOMEN HAVE AN 11-STEP REGIME, SO YOU COULD EASILY ADD TWO MORE...





FOR SUPER-SMOOTH SKIN

'sleeping pack' such as Miracle Sleeping Cream, *below left*, £12.99, Garnier (available nationwide), or an 'essence' such as Sisleÿa Essential Skin Care Lotion, *above left*, £100, Sisley (sisley-paris.co.uk).

COMPILED BY MALENA HARBERS

TOP 5 SKINCARE INGREDIENTS

The hottest acts in the beauty industry today – and where you can find them

HYALURONIC ACID



POOR DAY
Tri Hydra Tri-Action Aqua Moisturizing Gel, £18, Bio-Essence (cultbeauty.co.uk)

A naturally occurring molecule that can hold over 1,000 times its weight in water, making it the best skin plumper around.



PAY DAY
Precious Pearl Youth Radiance Elixir, £250, Anne Semonin (harrods.com)

RESVERATROL



POOR DAY
Premier Cru The Elixir Ultimate Anti-Aging Oil, £49, Caudalie (selfridges.com)

Found in the skin of red grapes and other berries, this compound is produced by plants in response to injury and has antioxidant and anti-ageing benefits.



PAY DAY
Resveratrol B E, £120, SkinCeuticals (skinceuticals.co.uk)

VITAMIN C



POOR DAY
Super Facialist Vitamin C+ Brighten Skin Defence Daily Moisturiser, £16.99, Úna Brennan (boots.com)

It's the brightening vitamin that helps to fight free radicals while gently fading pigmentation and unevenness.



PAY DAY
Pure Night PowerBright, £66.50, Dermalogica (dermalogica.co.uk)

COLLAGEN-BOOSTING PEPTIDES



POOR DAY
Protect & Perfect Intense Advanced Serum, £24.95, No7 (boots.com)

Peptides are essentially molecules made up of amino acids. Amino acids make up proteins (still with us?) and proteins make up skin-cushioning collagen.



PAY DAY
Exquisâge Beauty Revealing Serum, £75, Darphin (darphin.co.uk)

RETINOL



POOR DAY
Redermic R Dermatological Anti-Wrinkle Treatment, £28, La Roche-Posay (boots.com)

Known as the 'gold standard' of skincare, it's a form of vitamin A that helps to boost collagen and speed cell turnover, but can cause irritation in its purest form.



PAY DAY
Super Facial Oil, £140, Verso (cultbeauty.co.uk)



WHAT I'VE LEARNED ABOUT FLAWLESSNESS

BY SKINCARE EXPERT NICHOLA JOSS

'ALKALISING' ISN'T A FAD

Elle Macpherson introduced me to the idea that what you put into your body reflects in your skin. A couple of years ago, she sent me a sample of her Super Elixir powder, from £36, Welle Co (welleco.com), while it was still in development. It has everything you need in one spoonful, and I now take it every day. It makes a huge difference to your skin .

EVEN MODELS NEED HELP

I always carry Evian Brumisateur Facial Spray (£3.50, feelunique.com). It's my backstage essential as it instantly wakes up sleepy skin.

TRAVEL LIGHT

My clients always ask how to keep skin glowing on a long flight. My best advice is to board with super-clean skin – no make-up at all – and every hour, massage in a few drops of facial oil. About 40 minutes before landing, pop gel eye masks on to de-puff and soothe tired eyes.

KNOW YOUR BRANDS

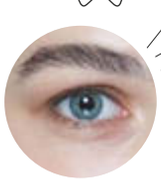
When I discovered SkinCeuticals, it was a game-changer. Gwyneth Paltrow recommended the brand to me and I haven't looked back. My favourite product is the potent Phloretin CF serum (£150, skinceuticals.com).

A ROUTINE IS YOUR ROUTE TO GORGEOUSNESS

Here's mine – in the morning, cleanse and tone, then apply your serum. Have your breakfast, brush your teeth and do the rest of your morning routine, then apply your moisturiser and make-up. It's really important to give the serum that time to sink in. When you get home, take off your make-up the minute you walk in. Apply your serum, then get on with your evening. Just before bed, apply your night cream, and spend a few minutes massaging it in.

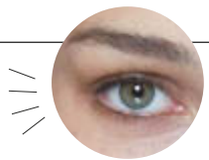
INTERVIEW BY JESSICA TIBBITS

THREE OF THE BEST EYE CREAMS





BEST FOR PUFFINESS
Puff Off! Instant Eye Gel, £22.50, Benefit (benefitcosmetics.co.uk)

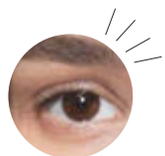


BEST FOR LINES AND WRINKLES
Super Restorative Total Eye Concentrate, £52, Clarins (clarins.com)





BEST FOR DARK CIRCLES
Clearly Corrective Dark Circle Perfector, £29, Kiehl's (kiehls.co.uk)





Millions of women use facial fillers to ease away fine lines and wrinkles and restore fullness for natural-looking results.

If you've been wondering about facial fillers, why not arrange a hassle-free consultation with an expert practitioner? You'll be able to chat about how facial fillers can freshen and revitalise your look.

To find out if facial fillers are right for you, book yourself in for a chat or read Hannah's story: **this-is-me.com**

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Date of preparation: January 2015. UK/0040/2015

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ARM YOURSELF WITH THESE URBAN WARRIORS

Don't let the environment take its toll on your complexion



THE PEEL
Environmental Shield Intensive-C Radiance Peel, £49.50, Murad (murad.co.uk)

THE DAY CREAM
Streetwise Oxygenating Day Cream, £32, Orico (debenhams.com)

THE RADIANCE BOOSTER
UV Plus Anti-Pollution Day Screen High Protection Tint, £32, Clarins (clarins.co.uk)

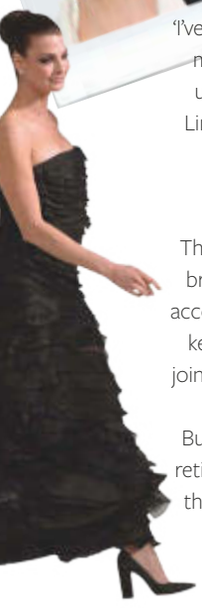
THE PROTECTOR
Urban Environment UV Protection Cream SPF 30, £28.50, Shiseido (johnlewis.com)

THE HEALER
Total Effects Anti-Ageing Moisturiser, £14.99, Olay (boots.com)

CELEBS HAVE SKIN WOES, TOO

Check out the complexion issues shared by the A-list – and find out how to overcome them





THE PROBLEM: MELASMA

'I've had melasma since I was 33 and it's made me ultra aware of how important it is to use sunscreen,' says the original 'super', Linda Evangelista. 'Now I wear it every day and I never go under factor 30.'

THE SOLUTION

This pesky pigmentation problem can be brought on by pregnancy or the Pill, but according to top derm Dr Sam Bunting, the key thing is to get a proper diagnosis, as joined up dark spots can look like melasma. And to get rid of it? According to Dr Bunting, the best plan of attack is 'topical retinoids, skin-lightening agents, products that contain glycolic acid and, of course, protecting your skin from the sun'.



THE PROBLEM: ACNE

This isn't just about the odd zit that appears right before date night. Katy Perry, Cameron Diaz and Emma Stone have all admitted to acne flare-ups.

THE SOLUTION

Spots are elusive blighters, and the triggers of adult acne are still being debated, but stress, hormones and genetics are thought to play a role. 'The best way to treat it is with good skincare and by avoiding products that clog the pores,' says Dr Bunting. The best zit zappers? 'Benzoyl peroxide and salicylic acid will reduce inflammation, and retinoids at night will treat the spots of tomorrow,' she says.



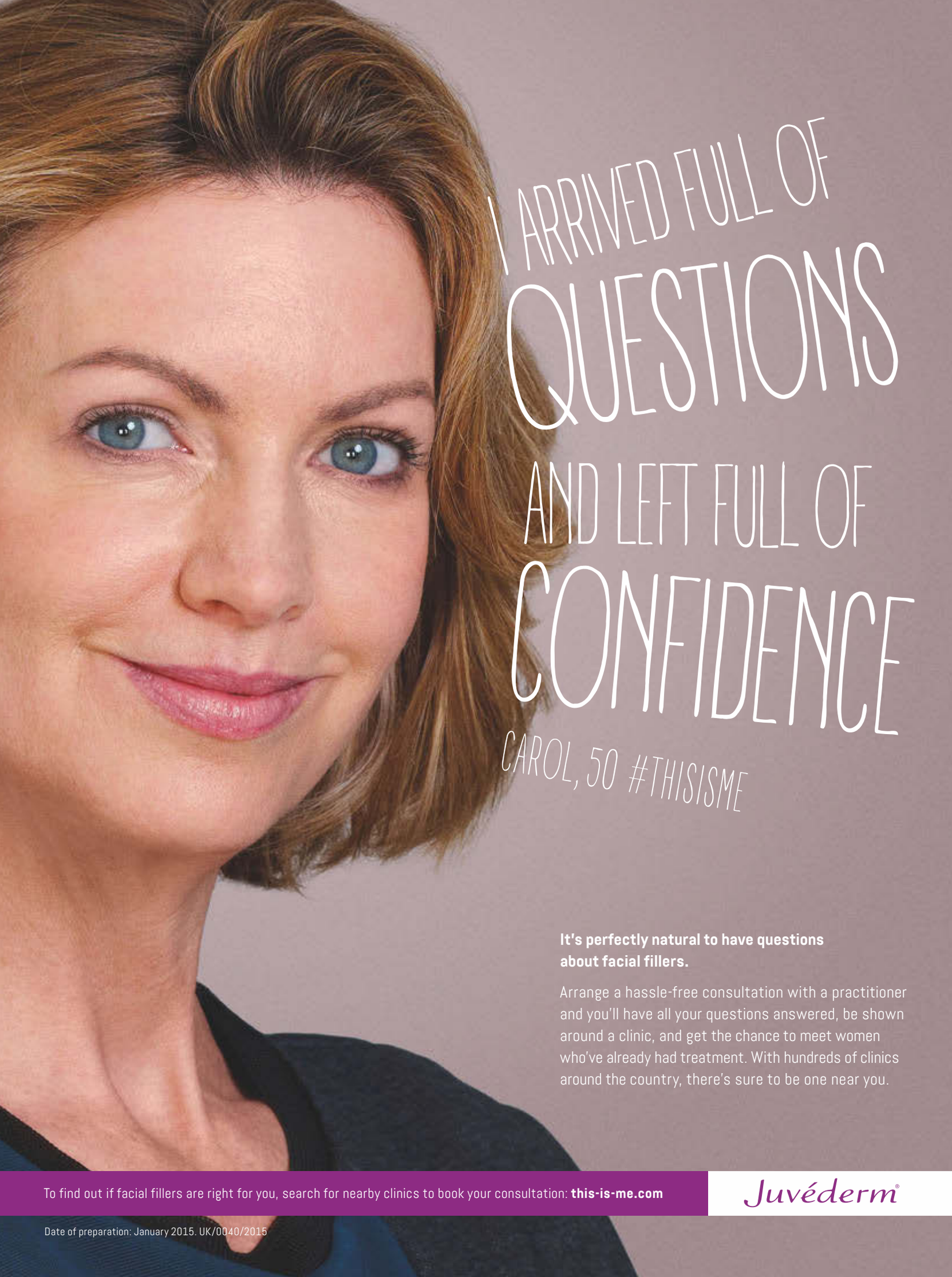
THE PROBLEM: PSORIASIS

'Psoriasis is an auto-immune disease and I'm sensitive,' says catwalk queen Cara Delevingne, who tweeted, 'Be gone psoriasis, you're no fun.'

THE SOLUTION

It's true that the scaly patches of skin that characterise the condition certainly aren't fun, and although there's no cure, it can be helped by tar-based shampoos that reduce scales, mild topical steroids, vitamin D agents and being religious with your moisturiser, according to Dr Bunting.

COMPILED BY CASSIE STEER. CATHERINE SCALE. PHOTOGRAPHS BY REX FEATURES, GETTY IMAGES, ALAMY, JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES



It's perfectly natural to have questions about facial fillers.

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To find out if facial fillers are right for you, search for nearby clinics to book your consultation: **this-is-me.com**

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Date of preparation: January 2015. UK/0040/2015

MAX FACTOR

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Create instant drama with Masterpiece Glamour Extensions 3-in-1 Mascara
#MAKEGLAMOURHAPPEN



THE MAKE-UP OF MAKE-UP ARTISTS

PRO SECRET

ALL ABOUT EYESHADOW

What make-up guru Charlotte Tilbury doesn't know about eyeshadow isn't worth knowing. She shares her tips on *the* colours for s/s 2015, top brush tricks and how to do the perfect smoky eye in under a minute...



EYESHADOW
Eyes To Mesmerize in Cleopatra, £22, Charlotte Tilbury (charlottetilbury.com)

EYESHADOW
ColorShow Mono Eyeshadow in Stripped Nude, £4.99, Maybellline (boots.com)



MAGIC MATTE

'Powder formulas tend to be more flattering on older skin as they smooth out crepiness rather than sitting in the creases like creams. It's worth spending a bit more on eyeshadow. The better-quality ones tend to have more emollients in them to prevent the colour going blotchy, and they're generally finer milled, meaning they go on better.'

COLOUR ME GLAD

'A lot of people are intimidated by colour, especially anything that extends beyond the lash line, yet it can make such a difference to your look. Muted colours like midnight blue and khaki look beautiful for day. Keep bold colours for night, when the light is more forgiving. For s/s 15, there's a huge trend for 70s peacock teal and amethyst.'

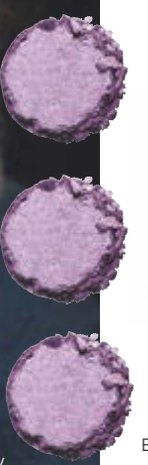


EYESHADOW
Pro Longwear Paint Pot in Vintage Selection, £15.50, MAC (maccosmetics.co.uk)

DONNA KARAN

MATCH.COM

'I'm definitely one for breaking rules when it comes to beauty, but if you really want to make your eyes sparkle, it's all about colour contrasting. I often wear a beautiful bronze or purple shade on my lids as I have green eyes and it really makes the colour pop. The trick is not to look like you've got a parrot on your lids.'



EYESHADOW
Eyeshadow in Psychedelic Sister, £14, Urban Decay (urbandecay.co.uk)



EYESHADOW
Colour Sphere Duo Mat&Pearly Eyeshadow in Ruthenium Gold/Wenge, £6.90, Kiko (kikocosmetics.co.uk)

CREAM OF THE CROP

'Looking modern is all about exuding effortlessness so, for me, cream is the most contemporary eyeshadow texture as it's just so easy to apply. Use your fingers to gently pat a sheer wash of colour onto your lids. Alternatively, go for one of those creamy eyeshadow pencils, which you can whizz around the eye and then smudge with your fingers for a fresh, cool-girl feel.'

THE NEW SMOKE

'Part of what puts people off smoky eyes is that they're terrified of palettes, as they open them up and think, "What do I do with this?" All you need is a smudging brush to give definition around the eye with a darker colour, and a blending brush, which you can use to wedge a lighter colour into the socket, going back and forth like a windscreen wiper, before blending it over the lid. Voilà, a smoky eye in under a minute.'

TOOLS OF THE TRADE

'Eyeshadow rule number one: oil and powder don't mix. If you're using a powder formula, apply it with a brush so that it doesn't mix with the oils in your fingers, as this can make it appear blotchy. For creams, fingers are fine – I actually think they give a more modern finish.'



BRUSHES
From top, Eye Blender and Eye Smudger, £25 each, Charlotte Tilbury (charlottetilbury.com)

COMPILED BY CASSIE STEER. PHOTOGRAPH BY XXXXX. STILL LIFES BY XXXXX

SHIFT A SHADE & FIND YOUR

TRUE COLOUR

I've been the same shade of red for years, but it's time to change it up. Hello, Golden Blonde! Looks so natural, I almost forgot I was a redhead!

COLOUR SO NATURAL LOOKING,

IT'S THE UK'S #1*



nice'n easy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk



INTERVIEW BY

KATHLEEN FIFIELD

BEAUTY TALK

Scarlett Johansson

Lemon juice, DIY nails and a quick dab of concealer. The actress and new mum talks us through her surprisingly lo-fi beauty routine

Now that you have a baby – congratulations – do you find your beauty regime has radically changed? Not really. I have a very quick morning routine of showering, moisturising and throwing on a bit of concealer. If I'm going to work, I get up an hour earlier to hit the gym.

It was speculated that you cut your hair short as a kind of pre-mum, lower-the-maintenance move. True? Not true?
Not true. No other inspiration besides being sick of pulling it back into a ponytail! My hair was superlong from wearing it under wigs for so many films in a row. It was just time to cut it off.

Your hairstylist has described you as game for almost anything. Where would you draw the line?
I'm not precious about my hair – it'll always grow back. I had a fashion mullet when I was 19. It was a cross between David Bowie and Meryl Streep in Silkwood. I was into it. Everyone else, not so much. But the one thing I probably won't do is dye it fiery red again any time soon. It's so hard to maintain and impossible to get out.

Can you share with us the best piece of beauty advice your mother ever gave you?
My mum told me to drink lots of water, and she has the most youthful skin of anyone I know. I always have a glass with some lemon first thing in the morning before I have coffee. Then I try to stay hydrated throughout the day.

Speaking of youthful skin... Looking at yours, I'm guessing you were wise enough to avoid the sun all these years?
Actually, I don't burn too badly and feel healthy when I've had some sun exposure. I like to put lemon in my hair in the summer. An old-school move, but I love the effect.

Any newfound beauty obsessions?
I adore nail stamps. They are such a fun tool, and my girlfriend and I are obsessed with perfecting our DIY nail art.

Do you do your own nails often?
I'm usually too impatient to sit for a manicure – plus, I find it sort of relaxing to do my own nails when I can find the time. One of the best things ▷

about living in New York is that the drugstore is open 24/7. I can easily spend $50 on nail products if I'm walking home from dinner and pass a [US pharmacy chain] Duane Reade.

At barely 30, you've already had quite a few iconic beauty and style moments on the red carpet. How do you approach your hair and make-up for major events these days?
I like to give a nod to the golden age of Hollywood. It always seems appropriate on the red carpet. I don't care about being shocking or fashion-forward at events. I'd rather feel comfortable and own my look. That, to me, is glamorous.

RED CARPET GLAMOUR



Beachy waves and glowing skin are oh-so-modern.



Scarlett's tousled pony keeps the look laid-back.

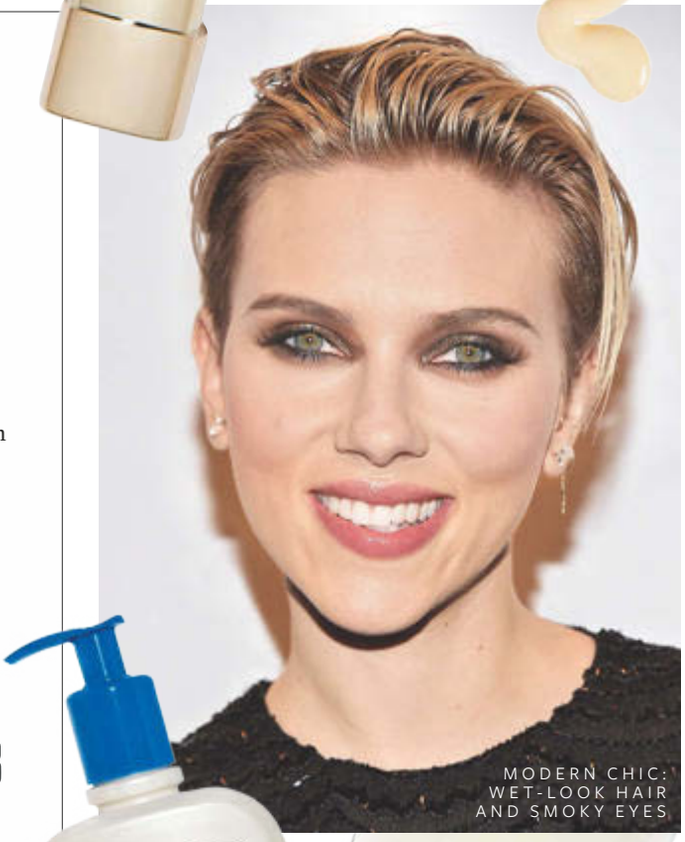


A red lip and defined eye are an iconic Hollywood pairing.



BALM
Beauty Flash Balm, £29, Clarins (clarins.co.uk)

LIPSTICK
Classic Cream Lipstick in Devil, £25.50, Dolce & Gabbana (harrods.com)



MODERN CHIC: WET-LOOK HAIR AND SMOKY EYES



CLEANSER
Gentle Skin Cleanser, £8.99, Cetaphil (boots.com)

HAIR SPRAY
Dry Texturizing Spray, £38, Oribe (uk.spacenk.com)





SCENT
The One, £62 for 50ml, Dolce & Gabanna (johnlewis.com)



BROW PENCIL
Eye Brows in Lingering, £13.50, MAC (maccosmetics.co.uk)



SCARLETT'S MUST-HAVES

BROW WOW
'Ever since I was a teenager, I've been my friends' eyebrow guru. MAC's pencil is the ideal shape for controlling thickness.'

RED HOT
'I find red lipstick to be the easiest way to transition my look from day to evening.'

SPRITZ AND GO
'Oribe's Texturizing Spray is the only hair product I know how to use – it's virtually foolproof! I spray it at my roots, and it gives my hair a nice texture.'

SOFT OPTION
'Cetaphil always cleanses my skin perfectly, no matter how much make-up I have on or what condition my face is in. It's really gentle and doesn't lather, so it won't dry you out.'

WHAM BALM
'I pack Clarins' Beauty Flash Balm whenever I travel. It's great under a base or just to give tired skin a boost after flying.'

SCENT OF A WOMAN
'Dolce & Gabbana's The One is my daytime scent. It's feminine and floral.'

PHOTOGRAPHYS BY VINCENT PETERS/TRUNK ARCHIVE, WENN, FILMMAGIC, GETTY IMAGES

Prescription skincare without the prescription



Cetraben

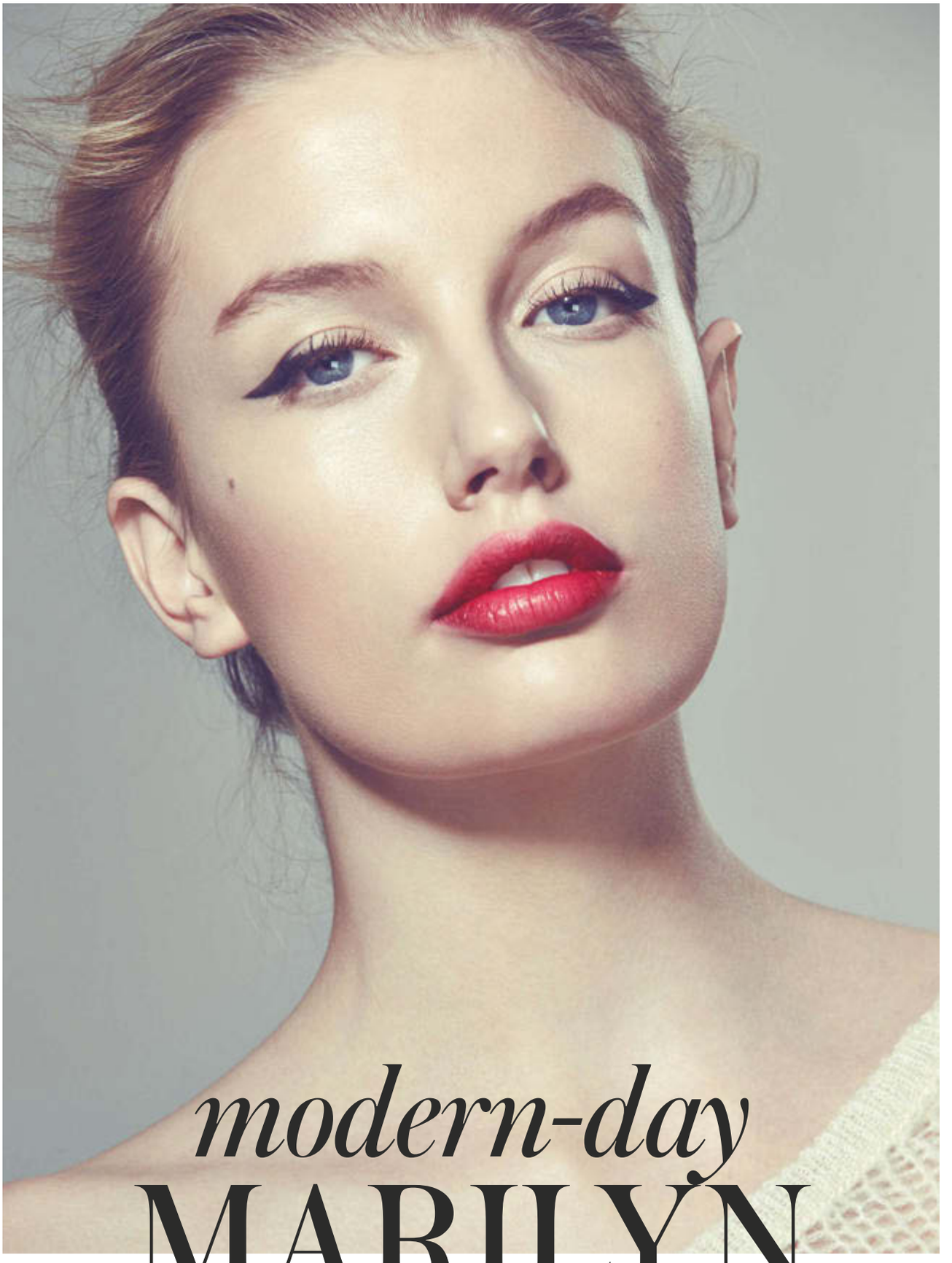
A unique formula that's helped millions manage their dry and eczema-prone skin, proving so popular that 96% of people would recommend it to a friend[1]. And now it's available without prescription from major retailers as well as pharmacies. So you can easily get the same high quality care for your skin, without a visit to the doctors.

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[1]**Cetraben Cream patient preference study, Sept 2013**

Always read the label



modern-day MARILYN

Channel your inner screen siren with this need-to-know update of the icon's famous make-up look



Ask any woman to name her beauty icon and, along with Audrey, Kate and Jennifer, many more will reply, Marilyn. Why? Because Ms Monroe's classic beauty look is still a go-to on the red carpet, on the runway and in real life.

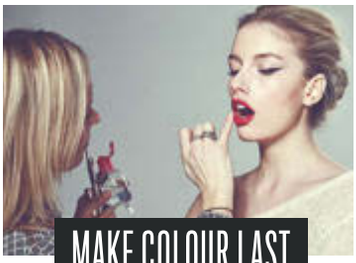
'Marilyn is one of the few actresses who have transcended the decades and her beauty look is still as popular today as it was in the 50s,' says Max Factor make-up artist Caroline Barnes, *above*.

The iconic actress was insistent that her perfected signature make-up look was always meticulously applied. 'That perfect skin set against a strong brow, feline eye and perfect red lip was Marilyn's look and it will never date.'

But as with any retro look, small tweaks can give it a fresh, modern twist. So how to make this look work for 2015? It's all about updating textures, says Caroline. 'Keep skin dewy with a luminising foundation, and add a hint of cream blusher on the apples of cheeks,' she suggests. For eyes, go for a graphic bold flick with lots of lashes – an s/s 2015 spin on Marilyn's classic flick. And lips? 'Choose a lipstick that has a hint of sheen and gives a full impact of colour for maximum effect.'

'Simplicity is essential to keep Marilyn's look fresh and contemporary'

LOVE A RED LIP?



MAKE COLOUR LAST

To start, draw the outline of your lips with a red lip liner and colour them in. Next, use your finger to dab lipstick on over the top for extra staying power. Try Max Factor's Colour Elixir Lipstick in Ruby Tuesday.



DEFINE THE SHAPE

Use a cotton swab dipped in make-up remover to trace around the outline of your lips to get rid of any smudges outside of your own lip contour.



ADD DRAMA

To finish, add another layer of look-at-me red lipstick to your pout. Avoid slicking it on straight from the bullet – a lip brush is key for applying colour precisely.

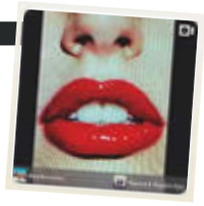
THE GLAMOUR KIT

Find your own iconic look at a one-to-one consultation with a Max Factor make-up artist, at larger Boots stores. *Top from left*, False Lash Effect Mascara in Black, £10.99; Skin Luminizer Foundation, £11.99; Colour Elixir Lipstick in Ruby Tuesday, £7.99; Colour Elixir Lip Liner in Red Rush, £4.99; Miracle Touch Creamy Blush in Soft Copper, £6.99, all Max Factor. ***All available at boots.com**

FOR MORE FROM CAROLINE, FOLLOW HER ON TWITTER AND INSTAGRAM

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@CAROLINEBARNESMAKEUP



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MY FIRST

VITAMIN DRIP

Cara does it. RiRi does it. Emily Dean tries the A-list hangover cure

Personally, I blame Cara Delevingne. If I hadn't seen that curious Instagram picture of her hooked up to a drip, accompanied by the caption, 'IV drippin', I'd never have found myself sitting in a Marylebone clinic hearing a nurse tell me, 'Congratulations! You have GREAT veins.'

It's been called the party drip, the hangover cure and the celebrity pick-me-up – a 40-minute session on a rehydrating IV vitamin drip has fast become the only way to get over what tabloids diplomatically refer to as a 'hectic showbiz lifestyle'. Instagram is teeming with drip selfies captured through an artfully hued filter, from Lily Allen to Rihanna, Rita Ora and Kelly Osbourne (who brilliantly kept her shades on).

When I turn up at the Nosh Infusion Clinic, all I know is that the drip is designed to feed a cocktail of vitamins and nutrients directly into your bloodstream to counteract sleep deprivation, poor diet and excessive boozing. I also know that I have a hangover of epic proportions, having stayed up till 2am drinking margaritas at Jonathan Ross's house. Followed by a 5.45am start that morning to co-present a breakfast radio show I do with Frank Skinner (oh, come on, if you're going for a celebrity pick-me-up, you can indulge in a *bit* of name dropping).

I'm met at the clinic by founder Geeta Sidhu-Robb, whose glowing skin and constant chatter makes her the dream ad for the process, if not the best companion for the morning after the night before. I'm expecting a room festooned with lilies, jasmine candles and various faces from the frow wearing Tom Ford sunnies. Instead, she leads me into a very unprepossessing office, where my blood pressure is taken and veins examined before the needle goes in and a yellowish bag filled with magnesium, potassium and vitamins starts working its way into my ravaged system. It's called the Hangover Infusion – no euphemism here – and the price of feeling human again is £199. Booze is a diuretic, so it drains the body of water and vitamins B and C; the drip will also help neutralise my toxin build-up. And hopefully stop the pounding head and urge to throw up.

'You'll feel a burning sensation when the vitamin C goes in,' Geeta warns me, just as I feel a sharp stinging in my arm – this is the replenishing happening. She tells me I can look forward to glowing skin, bright eyes – 'That's the first thing you'll notice' – and a burst of energy. But will it cure my colossal hangover?

'Definitely. This will rehydrate and rebalance your system. You've put your body under extreme stress and depleted it of vitamins.' I'm officially told off.

So why can't I just take a bunch of vitamin pills to do the job? 'This cocktail goes straight into your bloodstream,' she explains (a bit like the magaritas last night then). 'You'd never get those fast absorption rates with pills.'

> 'It's the only way to get over a "hectic showbiz lifestyle" '



For the next half hour, as the drip does its work, I start to feel totally blissed out. I've gone from angsty and sleep deprived to a calm, happy place, and I don't want it to end. 'That'll be the magnesium,' says Geeta. She's disappointingly tight-lipped about who she treats, but there are hushed references to 'Simon' in the clinic, who I assume to be the one and only Cowell. Victoria Beckham is also said to be a fan – in fact, Geeta's phone rings off the hook pre Fashion Week with industry types desperate for an immune-system boost.

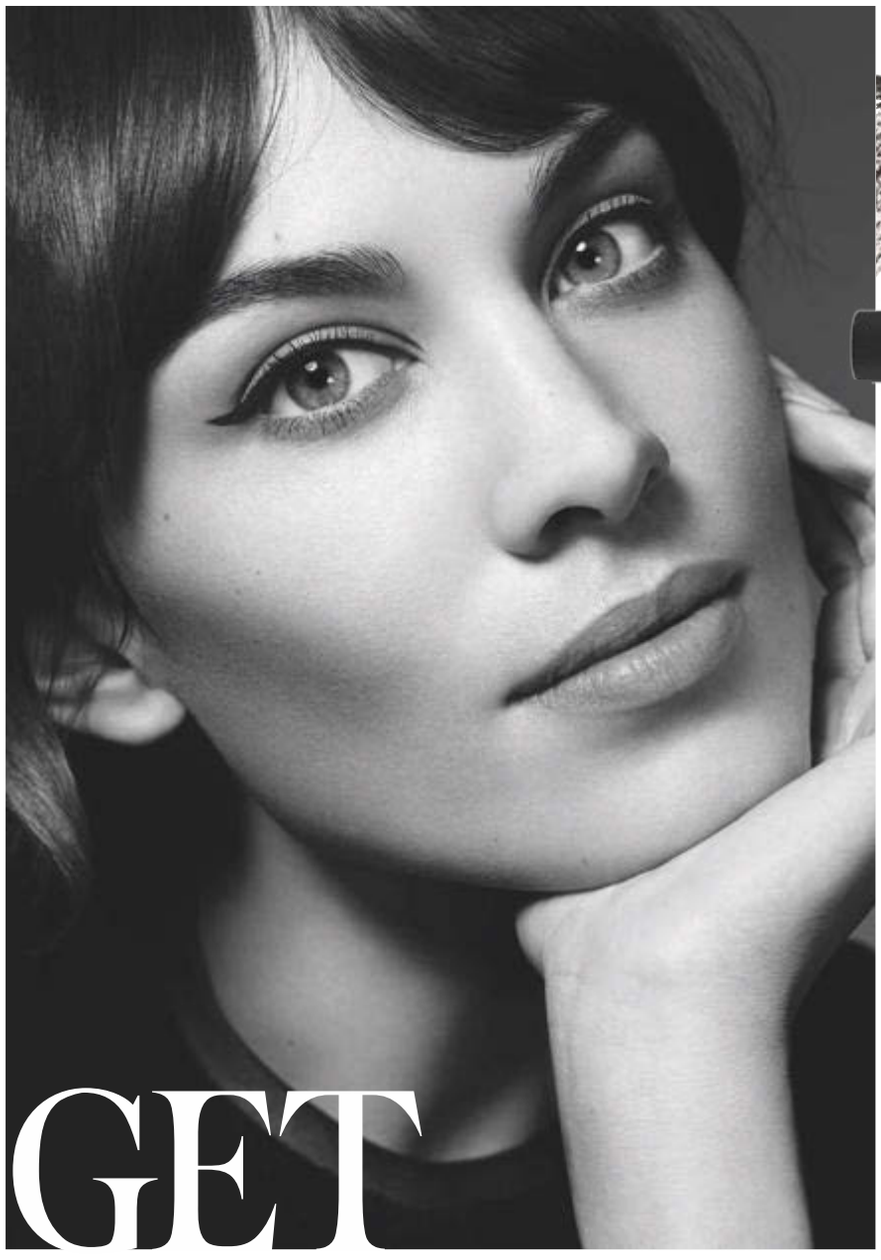
The last drops of liquid make their way into my arm and the nurse unhooks me. 'Your skin is transformed!' Geeta squeals. The face that stares back is less horrific. My eyes look brighter and the deathly pallor has gone, but, most importantly, the ghastly hangover has disappeared.

Geeta tells me I'll feel full of energy, and will find it hard to drop off tonight. What actually happens is that I am briefly wholly restored, bounding into Whistles, meeting a friend for a chai latte and making plans to head out for more drinks. Come 8pm? I drift into a deep sleep, waking up at 11am the next morning. But not in a cloudy, lethargic fug – I'm fresh and buoyant, and my skin is holding up.

So is this treatment the key to a life of consequence-free partying? It definitely gave me a fast-track back to normality and the physical signs of the night before had vanished (which must be why it's popular with models and celebrities). Would I do it again? Well, maybe not *every* week...

The Hangover Infusion costs £199. Find out more at noshinfusionclinic.com.

PHOTOGRAPHS BY ALAMY





GET 20% OFF EYEKO

Make like Alexa and perfect those eyeliner flicks with a little help from the make-up experts – and this amazing discount



We all know the benefits of having a capsule wardrobe filled with quality pieces we can mix and match. But what about our make-up – shouldn't we apply the same principles? Well, eye-make-up experts Eyeko have thought of that, creating a range of products, from mascaras to brow gels, that form your perfect eye-make-up wardrobe. So you can focus on fluttery lashes one day, sultry 60s liner the next, and even try bold power brows. Then go all out and combine the three looks to make a serious statement.

Eyeko was established in 1999 by make-up veterans Max and Nina Leykind, and now style icon Alexa Chung has got on board as creative consultant. She uses Eyeko's Eye Do Liquid Eyeliner to create her signature flicks. 'The nib is the perfect shape and size to draw on the perfect cat eye,' she says. 'It's pitch black and waterproof and enhances my lashes each time I use it.'

And whether you're craving a mascara that delivers curl, volume or length, Eyeko has a choice of formulas and brushes. Sport Waterproof Mascara has a fibre-enhanced formula with a collagen boost and 11 conditioning fruit extracts to prime lashes – perfect for taking you from early-morning workout to the office... and then straight out for drinks afterwards. And finish off your look with Eyeko Brow Gel. It's the fastest way to style and shape those brows and, if you've been guilty of over-plucking, the formula also promotes growth.

Follow @eyeko on social media to keep up with the latest trends, news and launches.

DON'T MISS OUT

To get 20 per cent off Eyeko products, just head to eyeko.com and enter promotional code INSTYLE20 at the checkout.

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Offer is valid from 2 April to 30 April 2015 inclusive and cannot be used in conjunction with any other discounts or promotions.

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Step-by-Step Guide



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10 WAYS TO SUMMER LEGS

Dust off your razors, girls; spring has sprung and it's time to bring your legs out of hibernation. Prepare to bare with our top tips...


JONATHAN SAUNDERS

1 LOSE YOUR THREAD

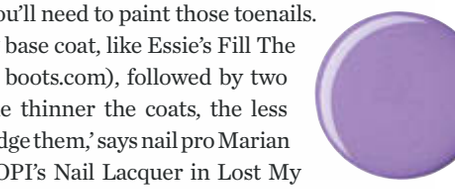
Thread veins on your legs can be a serious confidence buster, but they're not as difficult to get rid of as you might think. Small ones can be broken down with targeted laser-light treatment. Side effects, like minimal bruising and swelling, only last a few days. Treatments cost from £145, and are available nationwide. Visit sknclinics.co.uk.



2 BE A PAINTED LADY

Wearing sandals? You'll need to paint those toenails. Apply a ridge-filling base coat, like Essie's Fill The Gap, *above* (£10.95, boots.com), followed by two coats of polish. 'The thinner the coats, the less likely it is you'll smudge them,' says nail pro Marian Newman. We love OPI's Nail Lacquer in Lost My Bikini In Molokini, *below* (£11.95, superdrug.com).






CHLOÉ



3 BRUSH UP

Miranda Kerr and Molly Sims swear by dry body brushing. 'It aids circulation and removes dead skin,' says Marie McKeever, head of treatment development at Clarins. Try Aromatherapy Associates Body Brush (£15, aromatherapy associates.com).



4 AVOID HAVING A SWELL TIME

Forcing swollen feet into Miu Miu sandals is not a good look, but water retention in ankles and legs is common in the summer heat. Ease swelling by doing 20 calf raises (standing on your tiptoes, holding for two seconds, then lowering) to pump fluid out of the legs. Avoid salty snacks – they encourage water retention – and apply Legology's cooling and soothing Air-Lite Daily Lift for Legs, *left*, (£60, liberty.co.uk), a genius cream that reduces puffiness and eases that feeling of heaviness.



5 GET CREATIVE WITH BRONZER

Contouring isn't just for your face – it can also give the illusion of slimmer legs. Sweep Rodial's Instaglam Compact Deluxe Bronzing Powder, *far left*, (£52, rodial.co.uk) where shadows naturally fall, then buff NYX's Born to Glow Liquid Illuminator in Gleam, *left*, (£7, nyxcosmetics.co.uk) down the centre of legs.





6 AVOID RAZOR BURN

You know the rash that follows a shaving session? Here's how to avoid it: 1. Change your blade every five shaves. 2. Wait at least eight minutes after getting in the shower before shaving to allow hairs to soften. 3. Let the razor glide over your skin. Too much pressure will cause irritation. Try Venus & Olay's Sugarberry Razor, *above*, (£10.99, boots.com).

7 WEAR PROTECTION

Remember: when the tights come off, the SPF goes on. 'Women are getting better at applying sun protection to their faces, but forget that, when wearing shorts or skirts, legs are just as exposed to UV,' says dermatologist Dr Nick Lowe. Lancaster's Sun Beauty Oil-Free Milky Spray Sublime Tan SPF 30 (£22, selfridges.com) is a lovely formula.

8 BE A SOFTIE

When was the last time you had a pedi? If the answer is, 'I can't remember', it's time to take action. Remove hard skin with a foot file. 'Skin softens in water, so attack rough areas before you get in the shower, as you'll be able to do more,' says manicurist Lucy Tucker. Try Bliss Diamancel's The Tough Buffer Foot File, *above*, (£40, blissworld.co.uk), then apply a thick layer of foot cream before bed.

WORDS BY JESSICA TIBBITS. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES

9 HIT THE (TANNING) BOTTLE

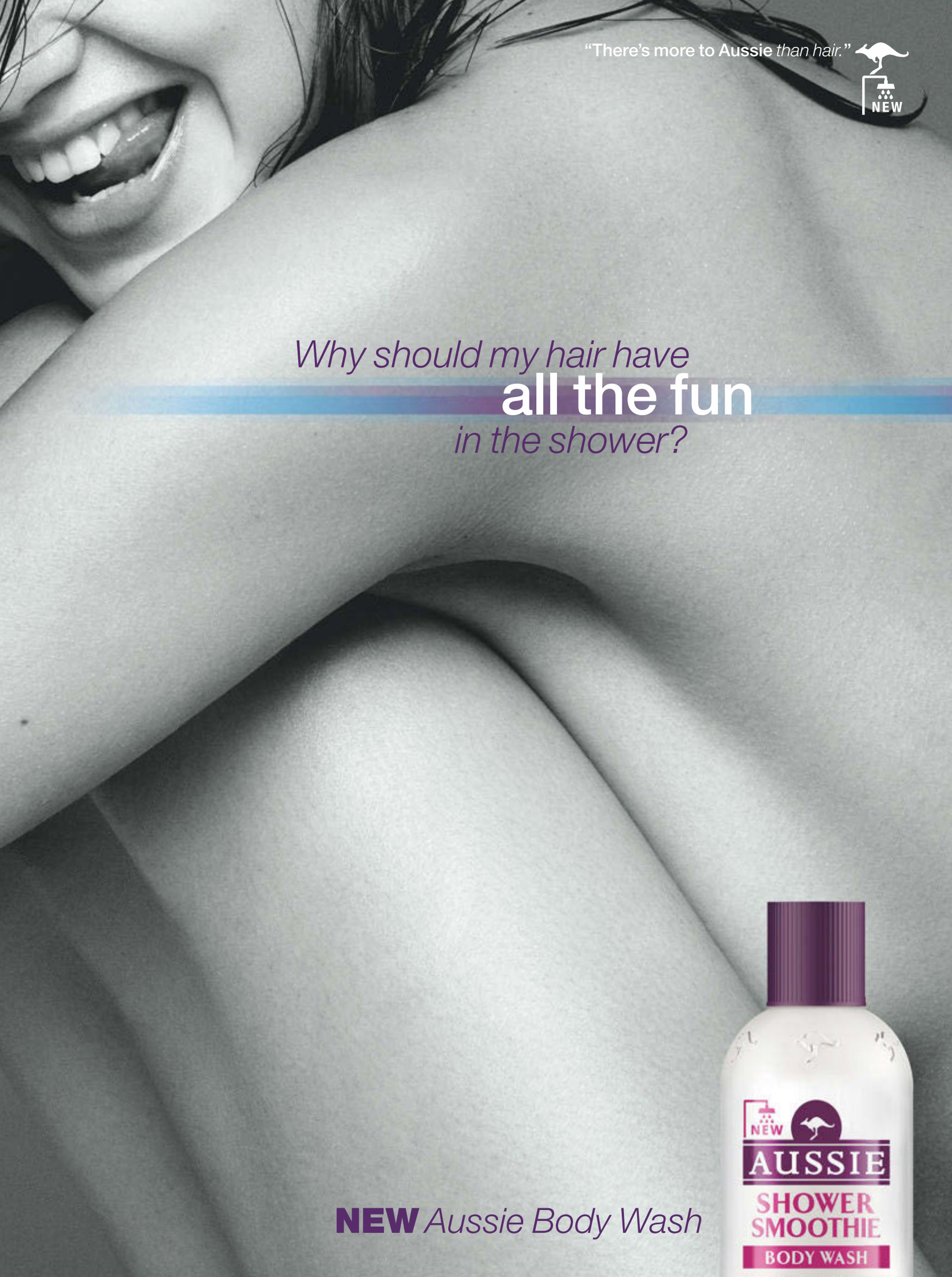
Self-tan quickly perks up pale legs that have been hiding in tights all winter. Follow these tips from St Tropez tanning guru Jules Heptonstall to guarantee a streak-fee finish. 'Before you tan, thoroughly exfoliate your legs. Oily products form a barrier stopping tan developing, so pick a cream-based scrub. When you get out of the shower, wait at least 30 minutes before tanning to give your skin time to cool down, otherwise it will settle into open pores, causing little brown spots to appear.' No time? 'Run a bag of frozen peas over legs.' We love St Tropez Self Tan Express Advanced Bronzing Mousse, *left*, (£33, sttropeztan.co.uk).





10 SAY BYE TO BUMPS

'One of the best ways to reduce pesky cellulite is through massage,' says skincare pro Nichola Joss. 'Use your fingers to work a toning serum into problem areas, pinching the skin on stubborn bits to boost circulation.' Try Sanctuary Spa Covent Garden's Tight & Tone Body Serum, *above*, (£12, boots.com).


"There's more to Aussie *than hair.*"
NEW
Why should my hair have
all the fun
in the shower?
NEW *Aussie Body Wash*
NEW
AUSSIE
SHOWER SMOOTHIE
BODY WASH



MY FITNESS RULES

Tallulah Harlech

The model and actress lives in her leggings – but you won't catch her eating a burger



READY FOR ANYTHING

'I'm an advocate of wearing workout gear even when you're not exercising. Nike and Adidas are my go-to brands, and I wear black cotton leggings all the time – they're practical, mean I'm always ready to jump into an exercise class, plus I look and feel like a ninja!'



LEGGINGS
£26, People Tree (peopletree.co.uk)



TRAINERS
£140, Nike (nike.com)



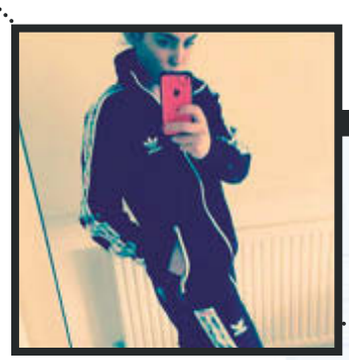
MOISTURISER
Rose Soothing Protective Moisturiser, £75, MV Organic Skincare (cultbeauty.co.uk)



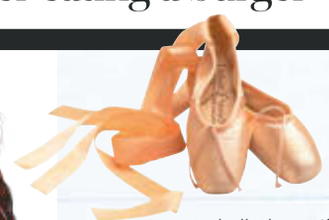
'MASSAGES ARE DEFINITELY A LUXURY, BUT ARE GREAT IN TIMES OF STRESS. I ALSO HAVE FACIALS – ROSIE [HUNTINGTON-WHITELEY] INTRODUCED ME TO SHARON McGLINCHEY, WHO IS ALL ABOUT CLEAN, ORGANIC SKINCARE. HER PRODUCTS ARE THE BEST THING EVER.'



TREATMENT
Energizing 9 Oil Skin Tonic, £56, MV Organic Skincare (cultbeauty.co.uk)







POOL PHOBIA

'It's hard to exercise when you're travelling, so I'll go to balletbeautiful.com to do classes from my laptop, or I'll swim in the sea. I avoid the pool, though, as I have a weird thing about feet. You know that bit of water around the pool that's been stepped in many, many times? I just can't get my head around it!'





'I STARTED ON A HIGH-CARB, LOW-FAT VEGAN DIET 18 MONTHS AGO, SO I CAN EAT AS MUCH FRUIT, VEG, RICE, PASTA AND POTATOES AS I WANT, BUT NO ANIMAL PRODUCTS. I MET VEGANS WHO'VE BEEN EATING THIS WAY FOR 30 YEARS, AND THEY'RE SO VIBRANT THAT, FOR ME, IT WAS A NO-BRAINER.'



PAMPER TIME

'I have to have half an hour of winding-down time before bed, otherwise my brain will be buzzing. I'll have a bath with salts or oil – I love Jo Malone London's Oud & Bergamot Dry Body Oil [*left*, £48, jomalone.co.uk] – or watch a bit of TV to calm down. Sleep is massively important to me, and if I don't get enough, it's like I have jet lag.

MIX IT UP

'Exercise releases endorphins and is psychologically very good for you. I have to exercise four times a week, otherwise I don't feel good, but it's all about variety to keep it interesting. I do a 45-minute spinning class at Psycle for sweating crazily and I'll go to Triyoga for a bit of relaxation. Ten Pilates is great for an hour's dynamic Pilates – brilliant for conditioning and toning your body – and I'll go to Barry's Bootcamp for 60 minutes of cardio – a mixture of weight training and running.'





INTERVIEW BY JESSICA TIBBITS. PHOTOGRAPHS BY ALAMY, GETTY IMAGES, XPOSURE, INSTAGRAM/TALLULAHHARLECH. TALLULAH HARLECH IS THE AMBASSADOR FOR JO MALONE LONDON'S 'JUST BECAUSE' CAMPAIGN

"There's more to Aussie *than hair.*"

NEW

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lifestyle

EDITED BY
EMILY DEAN



FRESH START

SERIOUSLY STYLISH BRUNCH IDEAS; work, rest and play at London's coolest club; eye-opening breakfasts; plus interiors inspired by fashion's ***oriental obsession***

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WORTH GETTING OUT OF BED FOR

BRUNCH QUEEN

Streaky bacon and berry cocktails with a kick? Katie Quinn Davies is our kind of cook...







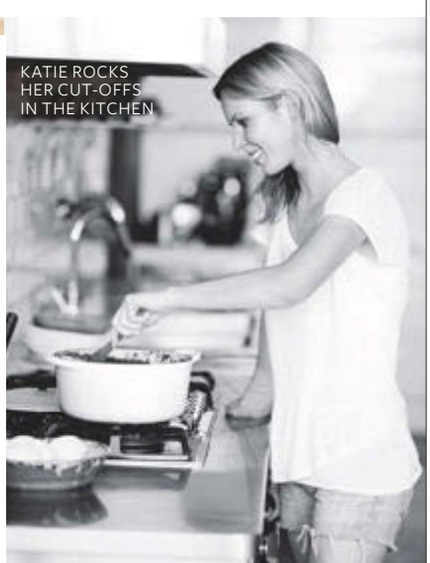
Gwyneth Paltrow raves about her, she's the Aussies' go-to for #foodporn, and over a quarter of a million fans rush to her site each month. We caught up with graphic designer-turned-blogger Katie Quinn Davies, of What Katie Ate, to get her verdict on weekend brunching with wow factor...

YOU'VE HAD A LONG LIE-IN. WHAT'S ON THE MENU FOR BREAKFAST?
'I'm a huge fan of berry frappés. You can make them at home using frozen berries, a touch of cranberry juice and a teeny bit of honey.'

IS BACON REALLY THE BEST SUNDAY-MORNING CURE?
'I put it in everything. I've been known to indulge in a big fry-up or poached eggs and bacon after a heavy night. I particularly love streaky bacon cooked with maple syrup.'

OUR POACHED EGGS HAVE SPLIT. WHAT ARE WE DOING WRONG?
'You need to make sure the water is only just simmering. If you have it too hot, the egg will go everywhere.'

WHAT CAN WE ADD TO SCRAMBLED EGGS TO JAZZ THEM UP?
'I like to add chipotle chilli. I make a great Mexican beef with chipotle, crack eggs into it, then bake it. It's effortless and very comforting.'



KATIE ROCKS HER CUT-OFFS IN THE KITCHEN

WE'RE HOSTING BRUNCH. WHAT CAN WE MAKE FOR MAXIMUM IMPACT BUT MINIMAL EFFORT?
'Poach a side of trout. It sounds a tad daunting, but it's super easy, healthy and looks impressive. Serve it with a nice salad, loads of crusty bread and a bottle of chilled white wine.'

WHAT'S THE BEST ARRIVAL DRINK TO GET THE PARTY STARTED?
'I like to kick things off with a basil and jalapeño cocktail, or my raspberry and pomegranate one for the girls.'

HOW CAN WE MAKE OUR FOOD PHOTOS MORE MOUTH-WATERING?
'Never use a flash, shoot in natural light and don't overuse the filters.'
What Katie Ate At The Weekend *(£25, Saltyard Books) is out now*



OOH, BERRY NICE!



SPICE UP YOUR... EGGS

PRAWN CROSTINI WITH CHAMPAGNE SAUCE

(serves 4)

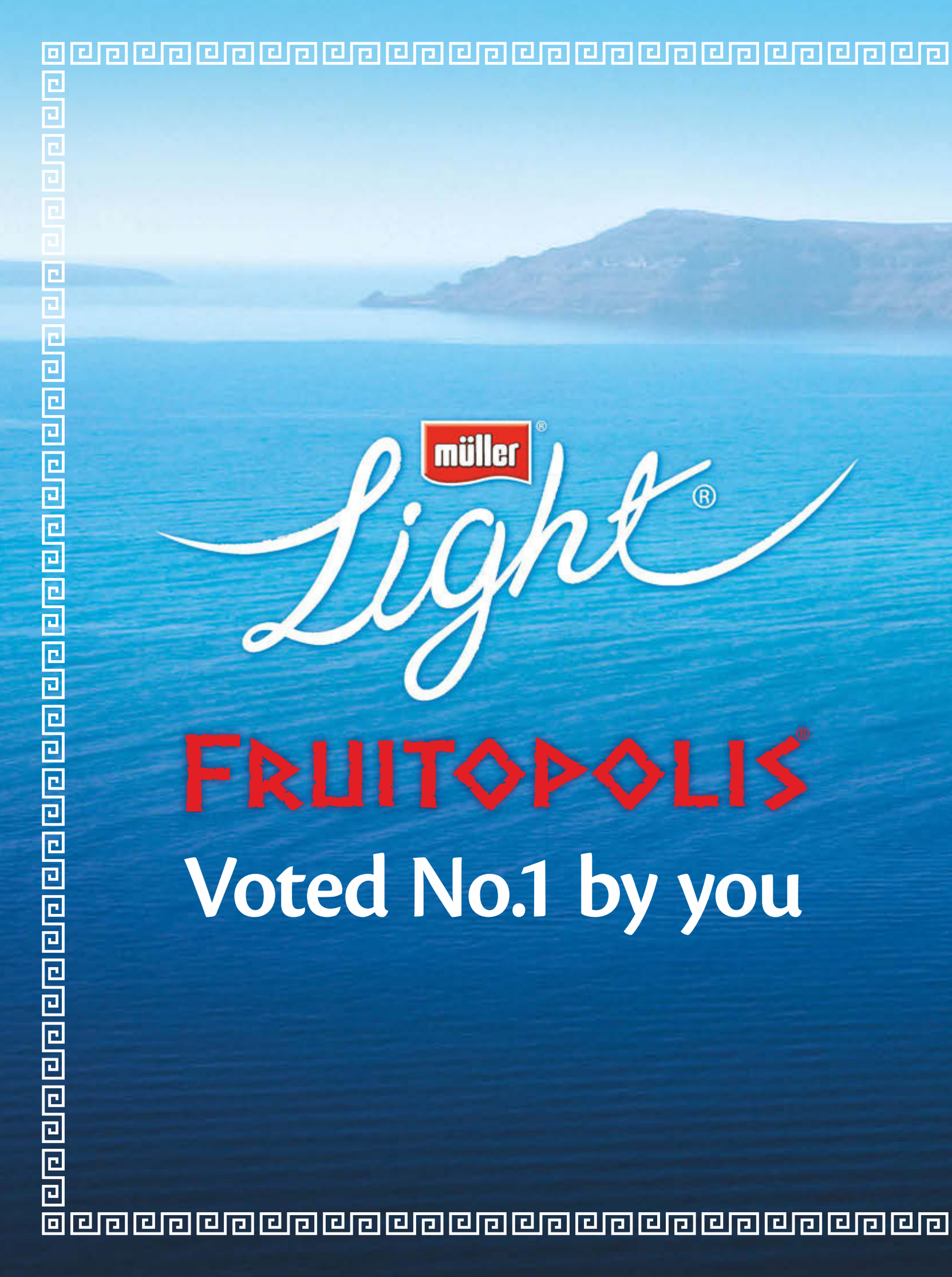
3 large tomatoes
pinch caster sugar
50g unsalted butter, plus extra for cooking
250ml champagne or sparkling wine
Tabasco sauce, to taste
sea salt and white pepper
1 small baguette, sliced
ready-made hollandaise
600g cooked prawns, peeled and de-veined
dill sprigs, to garnish
black pepper, to garnish

For the champagne sauce, cut the tomatoes in half and squeeze the seeds and juice into a small saucepan over a low heat. Finely chop the flesh and add to the pan. Increase the heat to medium and cook for 2-3 min. Add the sugar and butter and cook until the butter has melted, then add the champagne and simmer for 10 min or until thickened. Whizz in a blender until smooth, then push through a sieve back into the pan. Simmer for 40-50 min, stirring occasionally. Add an extra knob of butter, a dash or two of Tabasco and season.

Toast the bread and top each slice with a tsp of hollandaise and one or two prawns. Drizzle with champagne sauce and garnish with dill and pepper.



WORDS BY CHLOE MAC DONNELL
PHOTOGRAPHS BY KATIE QUINN DAVIES


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CHIC RETREAT

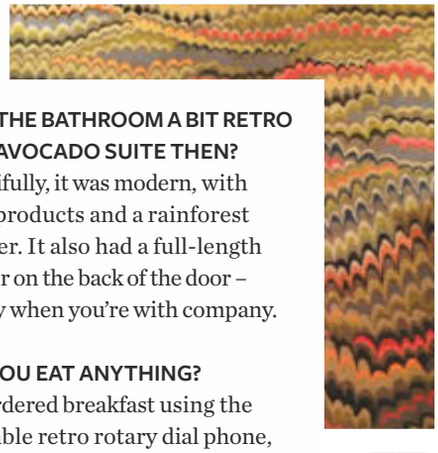


The Hospital Club LONDON

Mad Men-style decor, a Martini lounge and a door-to-door drinks trolley. *InStyle*'s Emily Dean enjoyed one swanky sleepover











HOLD IT – THIS IS A MEMBERS' CLUB AND I'M NOT A MEMBER...
Don't panic, The Hospital Club *is* a members' club – a swish one in Covent Garden, owned by Dave Stewart (shades, hat, Eurythmics. Remember?). It's full of people in TV and advertising, tapping away on Mac Pros, but now has 15 bedrooms open to the public.

CAN I HANG OUT WITH THE MEMBERS OR DO I HAVE TO STAY IN MY ROOM?
That's the beauty of it – you can wander around the club's Bellini Bar & Lounge and Martini Lounge like a proper media luvvie, but you might not want to leave your room.

DID *YOU* LEAVE YOUR ROOM?
Well, we tried. But then the drinks trolley came round at 7pm and we found a handy cocktail sideboard with pre-mixed drinks in the room.

IT SOUNDS VERY DON DRAPER...
Funny you should mention him; the huge, late-60s-inspired suite looked like his post-Betty Draper Manhattan dream. Lime-green chairs, Roberts radios and velvet sofas. Oh, and a Missoni carpet worth stealing if it wasn't so big.

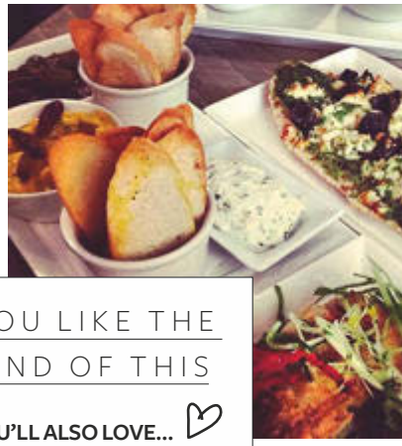
WAS THE BATHROOM A BIT RETRO AND AVOCADO SUITE THEN?
Mercifully, it was modern, with Ren products and a rainforest shower. It also had a full-length mirror on the back of the door – handy when you're with company.

DID YOU EAT ANYTHING?
We ordered breakfast using the adorable retro rotary dial phone, and feasted on poached eggs and avocado on rye bread.

MOST LIKELY TO HEAR IN THE LIFTS ON THE WAY OUT?
'Yeah, we're like totally nailing our whole cross-platform, social media strategy now.'

LEAST LIKELY TO HEAR ON THE WAY OUT?
'Shall we pick up some Kendal Mint Cake for the neighbours to thank them for feeding Ginger while we were away?'
Rooms start from £180 per night. For more information, call 020 7170 9100 or visit thehospitalclub.com.





IF YOU LIKE THE SOUND OF THIS

YOU'LL ALSO LOVE...

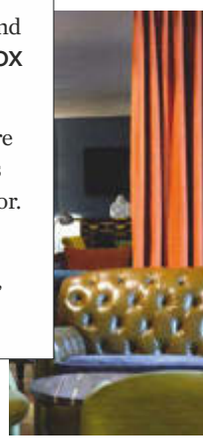
The amazing welcome tray and attentive staff at **NO 5 MADDOX STREET**, London W1S.

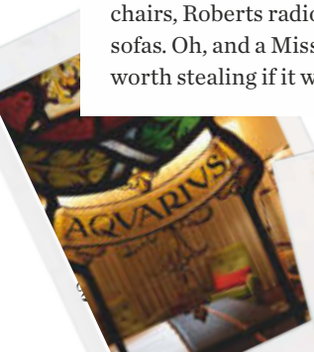
NINKS WAGON in Shropshire – a restored 20s showman's wagon with a colourful interior.

The claw-foot baths at **THE PORTOBELLO HOTEL**, London W11



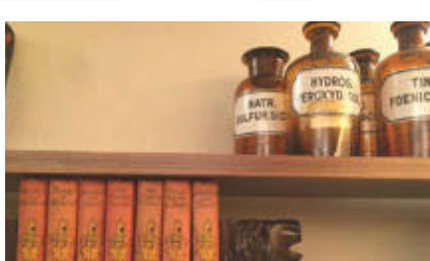














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GO SOCIAL



Fancy a Coco Pops cocktail? Here's what breakfast tastes like in 2015; plus meet London's coolest taco guys

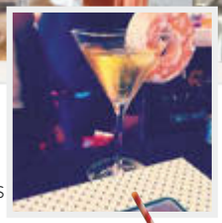








WHO NEEDS AN OLIVE? THE MARTINI/ DOUGHNUT COMBO AT BARTS



START YOUR DAY WITH A COCKTAIL...

Berners Tavern has given our favourite childhood breakfast an adult twist with its Cereal Killer cocktail, consisting of Coco Pops-infused milk, rum and Kahlúa, while The Aqua Shard adds a kick to Kellogg's Corn Flakes with raspberry Chambord and vodka. Cure the morning after the night before with your own Bloody Mary trolley at Gordon Ramsay's Heddon Street Kitchen, or go for Barts' Breakfast Martini, with a heavy dose of gin, lemon sours and a Krispy Kreme doughnut.

#BRINNER IS AN ACTUAL THING...

Remember when you left uni and promised that you'd start cooking properly instead of relying on cereal or scrambled eggs for dinner? Never really happened, did it? Well, now you're bang on trend. The Wolseley dishes up its Eggs Benedict until midnight, while Duck & Waffle's signature crispy duck confit waffle topped with a fried egg and mustard maple syrup is served around the clock. Koya puts a Japanese spin on kedgeree with rice porridge and smoked haddock, while at Kipferl you can get a moreish bowl of muesli until 10pm. Dessert fans will love the Burnt English Custard Egg Surprise at Purnell's, Birmingham, which comes with black pepper honeycomb soldiers.

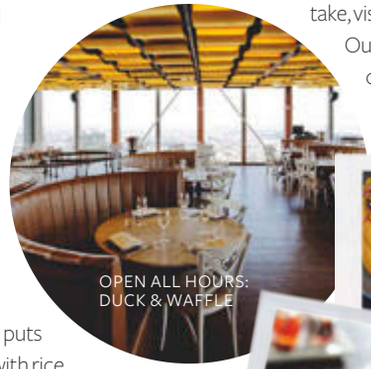
CARB LOADING HITS THE EXTREME...

Forget breakfast in bed, now it's all about breakfast in bread. At Bunnychow, they hollow out freshly baked brioche buns before cramming them with a full English. You've no hope of bypassing the bread at The Barge House either, as your fry-up is cooked directly into a warm wedge of sourdough. And swap your usual guilty leftover pizza brekkie habit for a piping-hot, fresh calzone at East London's PizzaBuzz. Bursting with sausage, egg and spinach, you really will be eating breakfast like a king and dinner like a pauper.

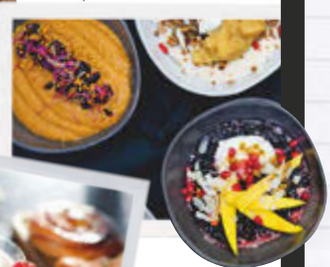


PORRIDGE IS THE NEW AVOCADO ON TOAST...

Following in the footsteps of the Cereal Killer Cafe's success, comes Porridge Cafe. Yep, an entire eatery dedicated to the humble oat. But you can expect more than a bowl of sweet slop, with toppings including beef ragù and beetroot and feta. Pop-up cafe 26 Grains takes the kale trend in a new direction with a miso, kale and chilli cashew porridge, while fans of *The Bridge* will love Danish haunt Snaps + Rye for its dark rye and beer gruel. For a more traditional take, visit Scarista House, in the Outer Hebrides, where jumbo oats are soaked overnight before adding a great big dollop of double cream.



OPEN ALL HOURS: DUCK & WAFFLE





'THIS FETA PORRIDGE IS JUST RIGHT' AT 26 GRAINS

FOODSTERS

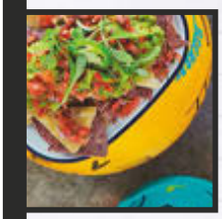
MEET THE TACO GUYS WHO'VE GOT EVERYONE'S TASTE BUDS TINGLING...

From their nomadic taco shack, Nud Dudhia and Chris Whitney – AKA Breddos Tacos – put their own spin on the traditional Mexican dish. From crunchy nut-fried chicken to jerk pork, here's why we need taco about them...

HOW OFTEN DO YOU THINK ABOUT FOOD?
It's probably better to ask how often we're not thinking about food.

WEIRDEST TACO COMBO THAT WORKED?
Fifty-day aged beef short-rib, a pipette of pickled habanero juice, lime foam, candied chillies and bone marrow salsa.

WHO DO YOU COUNT AS FANS?
Gizzi Erskine pops by frequently, as does Professor Green.



BEST WAY TO EAT A TACO?
Pinch the two sides together and point the front end downwards towards your mouth, like you're drinking it.

WHAT GETS THE PARTY STARTED?
A Chilliback – a shot of Jose Cuervo Especial followed by a sweet and spicy habanero pickle juice.

SO, WE'VE BOUGHT A RACK OF RIBS, WHAT'S NEXT?
Make a rub with cumin, cayenne, paprika, brown sugar, salt, pepper, coriander seeds, garlic, paprika and chipotle, then marinate overnight. Place in the oven with some hot water for two hours, then finish on the BBQ.

Find out where they're heading next by following Nud and Chris @breddostacos



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Picture, £35, Marks & Spencer (marksandspencer.com)

Tray, £19.50, Marks & Spencer (marksand spencer.com)

Dining set, £19.99, Dunelm (dunelm-mill.com)

Candlesticks, £20 (large), and £15 (small), House of Fraser (houseof fraser.co.uk)

Lantern, £7, Ikea (ikea.com)

Chopsticks, £2.99, Zara Home (zarahome.com)

Wok, £30, House of Fraser (houseoffraser.co.uk)

Ashtray, £15.99, Zara Home (zarahome.com)

Spoons, £6.99 for four, Dunelm (dunelm-mill.com)

Lamp, £35, Habitat (habitat.co.uk)

Cushion, £25, House of Fraser (houseoffraser.co.uk)

Cabinet, £695, Habitat (habitat.co.uk)

Bedding set, from £39.50, Marks & Spencer (marksand spencer.com)

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During the procedure you may experience deep pulling, tugging, pinching, numbness, or discomfort. Following the procedure, typical side effects include temporary numbness, redness, swelling, bruising, firmness, tingling, stinging, and pain. Rare side effects may also occur. The CoolSculpting procedure is not for everyone. You should not have the CoolSculpting procedure if you suffer from cryoglobulinemia or paroxysmal cold hemoglobinuria. The CoolSculpting procedure is not a treatment for obesity. As with any medical procedure, ask your physician if the CoolSculpting procedure is right for you.

Results and patient experience may vary. Patients shown are within +/- 2.25 kilos of their original weight unless specified.

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1



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4



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7



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ANYA HOLDSTOCK

CHANEL ANKLE-STRAP LOAFERS

Karl Lagerfeld's Boulevard Chanel – a make-believe street he created for the s/s 2015 show – was just the setting for these natty navy loafers. The masculine shape contrasts with the feminine bow and perfectly complements the collection's girlie frills and boyish tailoring. Let's walk...

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